

Winter 2010 Schedule

Weekly Classes Albuquerque

(Contact Melissa for the most up to date schedule and further information)

High Desert Yoga www.highdesertyoga.com
Thursdays 6-7:30pm All Levels
Sundays 9:30-11am Level 2/3

JCC of Albuquerque
Saturdays Morning & Afternoon Classes

Teacher Training

Guest Teacher at Yoga Now 200/500 RYS
www.yoganow.org

Workshops

Yoga Day USA ~

Yoga for Reproductive Health and Shakti Liberation

Saturday, January 23 4:30-6:30pm A Time to Relax Yoga Studio
Free! Donations Welcome!! All Donations given to:
Rape Crisis Center of Central New Mexico
For more information contact: melissa@lotusintheflame.com

Prana Yoga~Flowing with the Divine Movements of Life

Sunday, January 31, 1:30-4:30pm High Desert Yoga Albuquerque, NM

The Prana Body

March 13 & 14 9am-5pm Awake and Aware, Living Yoga Kalamazoo, MI
www.awakeandaware.net

Chakra Namaskara

Friday, March 19 6:30-9:30pm Sangha Yoga Kalamazoo, MI
www.sanghayoga.com

Ayurvedic Consultations

Albuquerque, New Mexico ~ On-Going ~ By Appointment

Kalamazoo, Michigan ~ March 15-19th & August 10th-25th

A Glance at Summer:

Summer Retreat

Yoga & Ayurveda ~ Detoxification & Rejuvenation

August 4-8th GilChrist Retreat Center Three Rivers, MI

Special Guest Teacher

Rama Jyoti Vernon

August 20-22 Transformations Spirituality Center Kalamazoo, MI
For registration information email: melissa@lotusintheflame.com