



bhava
YOGA STUDIO

MONDAY

9:30 – 11:00am	LEVEL 1	Bea
5:45 – 7:15 pm	LEVEL 1	Bea
6:00 – 7:15pm	FUNDAMENTALS by registration Feb 22 – Apr 5 (no class 3/8)	Michael
7:30 – 8:30pm	YOGA HOUR \$5 cash only	Thomas

TUESDAY

7:30 – 8:30am	YOGA HOUR \$5 cash only	Michael
5:30 – 7:00pm	LEVEL 1-2	Erin
5:45 – 7:00pm	FUNDAMENTALS by registration Feb 23 – Apr 6 (no class 3/9)	Michael
7:15 – 8:15pm	YOGA HOUR \$5 cash only	Erin

WEDNESDAY

9:30 – 11:00am	LEVEL 1	Michael
4:30 – 5:30pm	YOGA HOUR \$5 cash only	Erin
5:45 – 7:15pm	LEVEL 1	Bea
6:00 – 7:30pm	YOGA FOR DEPRESSION & ANXIETY by registration Mar 3 – Apr 7	Erin
7:30 – 8:30pm	YOGA HOUR \$5 cash only	Michael

THURSDAY

7:30 – 8:30am	YOGA HOUR \$5 cash only	Michael
9:30 – 11:00am	LEVEL 1	Bea
5:30 – 7:00pm	LEVEL 2	Bea
7:15 – 8:15pm	YOGA HOUR \$5 cash only	Mikhayla

FRIDAY

5:30 – 6:30pm	HAPPY HOUR YOGA! \$5 cash only	Angie
6:45 – 8:45pm	ANUSARA IMMERSION, PART 3 3/5, 4/9, 4/30, by registration	Bea

SATURDAY

8:00 – 9:00am	YOGA HOUR \$5 cash only	Angie
9:30 – 11:00am	LEVEL 1	Angie
1:00 – 5:00pm	ANUSARA IMMERSION, PART 3 3/6, 4/10, 5/1, by registration	Bea

SUNDAY

9:00 – 3:45pm	ANUSARA IMMERSION, PART 3 3/7, 4/11, 5/2, by registration	Bea
9:30 – 11:00am	Level 1-2	Bea
5:00 – 6:00pm	Yoga Hour \$5 cash only	Mikhayla
6:30 – 8:00pm	Vipassana Meditation	ABQ Vipassana Sangha

workshops & special events:

Yoga Workshop with Ross Rayburn Mar 19 - 21

Kirtan with Heather and Benjy Wertheimer April 17

Yoga Workshop with Desiree Rumbaugh June 18 - 20



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YOGA STUDIO

The teaching style at Bhava Yoga Studio is primarily inspired by Anusara Yoga®. Precise alignment principles promote integrity, flexibility, and strength in the body, empowering students to reach their full potential. Each class weaves a heart-oriented theme to connect students to the deeper purpose of yoga.

CLASS DESCRIPTIONS

FUNDAMENTALS

Basic entry-level class with a gentle approach. Ideal for the student with physical limitations.

LEVEL 1

An ongoing exploration into the art and science of yoga. Ideal for the yoga student new to Anusara Yoga and for ongoing students.

LEVEL 1-2

The foundation created in the level 1 class is expanded upon in a variety of poses.

LEVEL 2

Expands the boundaries, from the integrity and knowledge gained in the Level 1-2 class, in a wide variety of poses.

YOGA HOUR

An hour of play and practice. A fun, active, mixed level flow class for only \$5. (Cash only)

THERAPEUTIC AND PRIVATE YOGA INSTRUCTION

Individualized instruction as an introduction to yoga, as a personal practice, or for addressing therapeutic needs.

FEES

Drop In

First Class at Bhava \$16,
Second Class Free!
Full-time Students \$10

7- Week Session Cards

1 class/week \$87.50
2 classes /week \$161
Session Unlimited \$225
Early Spring Session:
February 21 - April 10
Late Spring Session:
April 11 - May 29
Early Summer Session:
May 30 - July 17

Year-Long Class Card

5 class card \$75
10 class card \$140
Yearly Unlimited \$1200

Private Yoga Instruction

\$85 with Bea
\$75 with Bhava's Teachers



For studio information:
info@bhavayogastudio.com
www.bhavayogastudio.com

**520-A CENTRAL AVE SE
ALBUQUERQUE, NM 87102
505-842-1080**