

NEW MEXICO KUNDALINI YOGA CLASSES – AUGUST 2008

For additions and corrections, please email goddessofdomesticity@yahoo.com

TEACHER	CLASS NAME	LOCATION	CITY	DAY	TIME	COST	PHONE	EMAIL	COMMENTS
Sumpuran Kaur	Kundalini Yoga	High Desert Yoga	Albuquerque	Sunday	5 - 6:15 p.m.	\$13 drop in; Passes available.	505-903-0107	sumpuran.kaur@yahoo.com	
Guru Darshan Kaur Khalsa	Kundalini Yoga	Nob Hill Holistic Spa, 108 Wellesley, NE	Albuquerque	Saturday	10:30-12 noon	\$15/class	505-265-2000	mherm001@comcast.net	
Jiwan Shati Kaur	Conscious Pregnancy & Pre-Natal Yoga	Nob Hill Holistic Spa, 108 Wellesley, NE	Albuquerque	Wednesday	3:30-5 p.m.	\$15/class	505-265-2000	mherm001@comcast.net	
Jiwan Shati Kaur	Women's Yoga, Meditation & Relaxation	Nob Hill Holistic Spa, 108 Wellesley, NE	Albuquerque	Wednesday	5:50-6:30 p.m.	\$11/class	505-265-2000	mherm001@comcast.net	
Guru Darshan Kaur Khalsa	Kundalini Yoga for All Levels	Nob Hill Holistic Spa, 108 Wellesley, NE	Albuquerque	Thursday	6-7:30 p.m.	\$15/class	505-265-2000	mherm001@comcast.net	
Dev Saroop Singh	Men's Circle	Nob Hill Holistic Spa, 108 Wellesley, NE	Albuquerque	Wednesday	7-8:30 p.m.	\$11/class	505-265-2000	mherm001@comcast.net	Yoga, meditation and conscious conversation
Dev Saroop Singh	Kundalini Yoga	Nob Hill Holistic Spa, 108 Wellesley, NE	Albuquerque	Saturday	7-8:15 a.m.	\$15/class	505-265-2000	mherm001@comcast.net	
Dev Saroop Singh	Sadhana	Nob Hill Holistic Spa, 108 Wellesley, NE	Albuquerque	Sunday	5-7 a.m.	Free	(505) 323-6657	sadhana@KundaliniYogaAlbuquerque.com	Devotional service, yoga, and meditation
Jiwan Shati Kaur	Conscious Pregnancy & Pre-Natal Yoga	Nob Hill Holistic Spa, 108 Wellesley, NE	Albuquerque	Sunday	9-10:30 a.m.	By donation	505-265-2000	mherm001@comcast.net	
Guru Jiwan Kaur	Kundalini Yoga	Semi-Private Classes in my Corrales home studio (call or email for address)	Corrales	Monday	6:30-8 p.m.	\$12 per class or \$60 for 6 classes	505-898-6866	aldenella@msn.com	Focus on chanting, prayer, yoga, meditation

Guru Jiwan Kaur	Kundalini Yoga	Semi-Private Classes in my Corrales home studio (call or email for address)	Corrales	Wednesday	5:30-7 p.m.	\$12 per class or \$60 for 6 classes	505-898-6866	aldenella@msn.com	Focus on stretches, meditation, yoga, gong
Guru Jiwan Kaur	Kundalini Yoga	Semi-Private Classes in my Corrales home studio (call or email for address)	Corrales	Saturday	9:30-11 a.m.	\$12 per class or \$60 for 6 classes	505-898-6866	aldenella@msn.com	Energize to start your day - Focus on movement, and energizing yoga
Guru Jiwan Kaur	Kundalini Yoga	Semi-Private Classes in my Corrales home studio (call or email for address)	Corrales	Full Moon Healings	Call for the exact date each month	\$12 per class or \$60 for 6 classes	505-898-6866	aldenella@msn.com	Call for the exact date each month
Guru Jiwan Kaur	Sadhana	Semi-Private Classes in my Corrales home studio (call or email for address)	Corrales	Sunday	5-7 a.m.	Free	505-898-6866	aldenella@msn.com	Begins with recitation of Japji prayer, light yoga warm ups, chanting & prayer; breakfast afterwards at Flying Star in Corrales. This is once a month for now. We are hoping to expand to more often. Please call or email for monthly schedule.
Dr. Kartar Singh Khalsa	Healing Yoga	Yoga Southwest; 415 N Paseo de Onate (near the entrance to the hospital)	Espanola	Thursday	6:30-7:45	\$11/class drop-in or 6 classes for \$54. Monthly passes \$65 (with unlimited attendance) or three months for \$145 (with unlimited attendance)		drkartar1@gmail.com	
Gurumeet Kaur Khalsa	Beginner's Yoga for Stress Relief	Yoga Southwest; 415 N Paseo de Onate (near the entrance to the hospital)	Espanola	Monday	6:30-7:45 p.m.	\$11/class drop-in or 6 classes for \$54. Monthly passes \$65 (with unlimited attendance) or three months for \$145 (with unlimited)	505-747-3323	info@thecleanse.com	

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Bhajan	Yoga for Wellbeing	Yoga Southwest; 415 N Paseo de Onate (near the entrance to the hospital)	Espanola	Tuesday	6:30-7:15 p.m.	\$11/class drop-in or 6 classes for \$54. Monthly passes \$65 (with unlimited attendance) or three months for \$145 (with unlimited attendance)	505-747-3323	info@thecleanse.com	
Deva Kaur Khalsa	Weightloss Yoga	Yoga Southwest; 415 N Paseo de Onate (near the entrance to the hospital)	Espanola	Wednesday	6-7:15 p.m.	\$11/class drop-in or 6 classes for \$54. Monthly passes \$65 (with unlimited attendance) or three months for \$145 (with unlimited attendance)	505-747-3323	info@thecleanse.com	
Sandra Lopez	Beginner's Yoga	Yoga Southwest; 415 N Paseo de Onate (near the entrance to the hospital)	Espanola	Saturday	12-1:15 p.m.	\$11/class drop-in or 6 classes for \$54. Monthly passes \$65 (with unlimited attendance) or three months for \$145 (with unlimited attendance)	505-747-3323	info@thecleanse.com	
Har Nal Kaur	Yoga and Sat Nam Rasayan	Yoga Southwest; 415 N Paseo de Onate (near the entrance to the hospital)	Espanola	Sunday	8:30-10 a.m.	\$11/class drop-in or 6 classes for \$54. Monthly passes \$65 (with unlimited attendance) or three months for \$145 (with unlimited attendance)	505-747-3323	info@thecleanse.com	
Dr. Kartar Singh Khalsa	Cleansing Yoga	Yoga Santa Fe; 1505 Llano St	Santa Fe	Wednesday	7:30-8:45am	\$13 and passes available	505-982-6369	drkartar1@gmail.com	
Nodia Brent-Lux	Kundalini Yoga	Studio East; 332 Cm. del Monte Sol	Santa Fe	Tuesday and Sunday	Tuesday - 6-7:30; Sunday	\$10-12	505-983-6635	lux@cybermesa.com	

					11:30-12:45				
Nodia Brent-Lux	Yoga for Children	826 Camino de Monte Rey	Santa Fe	Wednesday	11:00-11:45 am	\$8	505-983-6635	lux@cybermesa.com	For homeschoolers ages 5-12
Nodia Brent-Lux	Yoga for Children	YogaSource; 901 W. San Mateo	Santa Fe	Tuesday	4-5 pm	\$8.50-10	505-983-6635	lux@cybermesa.com	For children ages 5-8
Kirn Kaur Kahalsa	Yoga for Transformation	Yoga Santa Fe; 1505 Llano St	Santa Fe	Monday	6-7:15 p.m.	\$13 and passes available	505-982-6369	kirnkahalsa@gmail.com	
Aad Such Kaur (Frankie)	Yoga for Stress Relief	Yoga Santa Fe; 1505 Llano St	Santa Fe	Tuesday	9-10:15 a.m.	\$13 and passes available	505-982-6369	kirnkahalsa@gmail.com	
Narinder Kaur	Yoga for Pregnancy	Yoga Santa Fe; 1505 Llano St	Santa Fe	Tuesday	4:30-5:45 p.m.	\$13 and passes available	505-982-6369	kirnkahalsa@gmail.com	
Amar/Tom Boomer	Yoga	Yoga Santa Fe; 1505 Llano St	Santa Fe	Tuesday	6-7:15 p.m.	\$13 and passes available	505-982-6369	kirnkahalsa@gmail.com	
Dr. Guruchander Khalsa	Advanced Yoga	Yoga Santa Fe; 1505 Llano St	Santa Fe	Wednesday	4:30-5:45 pm	\$13 and passes available	505-982-6369	kirnkahalsa@gmail.com	
Kirn Kaur Kahalsa	Yoga Workout	Yoga Santa Fe; 1505 Llano St	Santa Fe	Wednesday	6:00-7:15 pm	\$13 and passes available	505-982-6369	kirnkahalsa@gmail.com	
Aad Such Kaur (Frankie)	Yoga for Relaxation	Yoga Santa Fe; 1505 Llano St	Santa Fe	Thursday	9:00-10:15 am	\$13 and passes available	505-982-6369	kirnkahalsa@gmail.com	
Deva Singh	Yoga for an Open Heart	Yoga Santa Fe; 1505 Llano St	Santa Fe	Friday	4:30-5:45 pm	\$13 and passes available	505-982-6369	kirnkahalsa@gmail.com	
Nirmal Kaur	Yoga for Rejuvenation	Yoga Santa Fe; 1505 Llano St	Santa Fe	Saturday	9:00-10:15 am	\$13 and passes available	505-982-6369	kirnkahalsa@gmail.com	
Dr. Guruchander Khalsa	Intermediate Yoga	Yoga Santa Fe; 1505 Llano St	Santa Fe	Sunday	9:00-10:15 am	\$13 and passes available	505-982-6369	kirnkahalsa@gmail.com	
Dr. Guruchander Khalsa	Sadhana	Yoga Santa Fe; 1505 Llano St	Santa Fe	Sunday	5-7 a.m.	Free	505-982-6369	kirnkahalsa@gmail.com	
Karambir Kaur	Kundalini Yoga	104 N. Texas St.	Silver City	Saturday mornings	9:30	\$10 or \$80 10-pass	575.313.2649	karambirkaur@wildblue.net	
Teresa Sparks	Kundalini Yoga	Cardona - Hine Gallery	Truchas	Monday and Thursday	7-8:15 p.m.			sparksfly@cybermesa.com	