

NEW MEXICO KUNDALINI YOGA CLASSES: SEPTEMBER 2008

CITY	DAY & TIME	LOCATION	CLASS NAME	TEACHER	COST	E-MAIL ADDRESS	PHONE	COMMENTS
Albuquerque	Sunday 5 - 6:15 p.m.	High Desert Yoga	Kundalini Yoga	Sumpuran Kaur	\$13 drop in; Passes available.	sumpuran.kaur@yahoo.com	505-903-0107	
Albuquerque	Saturday 10:30-12 noon	Nob Hill Holistic Spa, 108 Wellesley, NE	Kundalini Yoga	Guru Darshan Kaur Khalsa	\$15/class	mherm001@co mcast.net	505-265-2000	
Albuquerque	Wednesday 3:30-5 p.m.	Nob Hill Holistic Spa, 108 Wellesley, NE	Conscious Pregnancy & Pre-Natal Yoga	Jiwan Shati Kaur	\$15/class	mherm001@co mcast.net	505-265-2000	
Albuquerque	Wednesday 5:50-6:30 p.m.	Nob Hill Holistic Spa, 108 Wellesley, NE	Women's Yoga, Meditation & Relaxation	Jiwan Shati Kaur	\$11/class	mherm001@co mcast.net	505-265-2000	
Albuquerque	Thursday 6-7:30 p.m.	Nob Hill Holistic Spa, 108 Wellesley, NE	Kundalini Yoga for All Levels	Guru Darshan Kaur Khalsa	\$15/class	mherm001@co mcast.net	505-265-2000	
Albuquerque	Wednesday 7-8:30 p.m.	Nob Hill Holistic Spa, 108 Wellesley, NE	Men's Circle	Dev Saroop Singh	\$11/class	mherm001@co mcast.net	505-265-2000	Yoga, meditation and conscious conversation
Albuquerque	Saturday 7-8:15 a.m.	Nob Hill Holistic Spa, 108 Wellesley, NE	Kundalini Yoga	Dev Saroop Singh	\$15/class	mherm001@co mcast.net	505-265-2000	
Albuquerque	Sunday 5-7 a.m.	Nob Hill Holistic Spa, 108 Wellesley, NE	Sadhana	Dev Saroop Singh	Free	sadhana@KundaliniYogaAlbuquerque.com	(505) 323-6657	Devotional service, yoga, and meditation
Albuquerque	Sunday 9-10:30 a.m.	Nob Hill Holistic Spa, 108 Wellesley, NE	Conscious Pregnancy & Pre-Natal Yoga	Jiwan Shati Kaur	By donation	mherm001@co mcast.net	505-265-2000	
Albuquerque	Tuesday and Thursday 4:30 - 5:45 p.m.	1925-C Juan Tabo Blvd., NE	Kundalini Yoga - Digestion	Ann Galloway	\$7		505-986-0568	Classes to run from 9/16 - 11/20; limit 10 students per class. Classes will incorporate rhythmic massages while relaxing in baby pose.
Albuquerque	Tuesday and Thursday 6:10 - 7:25 p.m.	1925-C Juan Tabo Blvd., NE	Kundalini Yoga - Sexuality and Spirituality	Ann Galloway	\$7		505-986-0568	Classes to run from 9/16 - 11/20; limit 10 students per class. Classes will incorporate rhythmic massages while relaxing in baby pose.
Albuquerque	Tuesday and Thursday	1925-C Juan Tabo Blvd., NE	Kundalini Yoga - Prosperity	Ann Galloway	\$7		505-986-0568	Classes to run from 9/16 - 11/20; limit 10 students per class. Classes will

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	7:50 - 9:05 p.m.							incorporate rhythmic massages while relaxing in baby pose.
Corrales	Monday 6:30-8 p.m.	Semi-Private Classes in my Corrales home studio (call or email for address)	Kundalini Yoga	Guru Jiwan Kaur	\$12 per class or \$60 for 6 classes	aldenella@msn.c om	505-898-6866	Focus on chanting, prayer, yoga, meditation
Corrales	Wednesday 5:30-7 p.m.	Semi-Private Classes in my Corrales home studio (call or email for address)	Kundalini Yoga	Guru Jiwan Kaur	\$12 per class or \$60 for 6 classes	aldenella@msn.c om	505-898-6866	Focus on stretches, meditation, yoga, gong
Corrales	Saturday 9:30-11 a.m.	Semi-Private Classes in my Corrales home studio (call or email for address)	Kundalini Yoga	Guru Jiwan Kaur	\$12 per class or \$60 for 6 classes	aldenella@msn.c om	505-898-6866	Energize to start your day - Focus on movement, and energizing yoga
Corrales	Full Moon Healings Call for the exact date each month	Semi-Private Classes in my Corrales home studio (call or email for address)	Kundalini Yoga	Guru Jiwan Kaur	\$12 per class or \$60 for 6 classes	aldenella@msn.c om	505-898-6866	Call for the exact date each month
Corrales	Sunday 5-7 a.m.	Semi-Private Classes in my Corrales home studio (call or email for address)	Sadhana	Guru Jiwan Kaur	Free	aldenella@msn.c om	505-898-6866	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.
Espanola	Thursday 6:30-7:45	Yoga Southwest; 415 N Paseo de Ostate (near the entrance to the hospital)	Healing Yoga	Dr. Kartar Singh Khalsa	\$11/class drop-in or 6 classes for \$54. Monthly passes \$65 (with unlimited attendance) or three months for	drkartar1@gmail .com		

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					\$145 (with unlimited attendance)			
Espanola	Monday 6:30-7:45 p.m.	Yoga Southwest; 415 N Paseo de Onate (near the entrance to the hospital)	Beginner's Yoga for Stress Relief	Gurumeet Kaur Khalsa	See above.	info@thecleanse.com	505-747-3323	
Espanola	Tuesday 6:30-7:15 p.m.	Yoga Southwest; 415 N Paseo de Onate (near the entrance to the hospital)	Yoga for Wellbeing	Bhajan	See above.	info@thecleanse.com	505-747-3323	
Espanola	Wednesday 6-7:15 p.m.	Yoga Southwest; 415 N Paseo de Onate (near the entrance to the hospital)	Weightloss Yoga	Deva Kaur Khalsa	See above.	info@thecleanse.com	505-747-3323	
Espanola	Saturday 12-1:15 p.m.	Yoga Southwest; 415 N Paseo de Onate (near the entrance to the hospital)	Beginner's Yoga	Sandra Lopez	See above.	info@thecleanse.com	505-747-3323	
Espanola	Sunday 8:30-10 a.m.	Yoga Southwest; 415 N Paseo de Onate (near the entrance to the hospital)	Yoga and Sat Nam Rasayan	Har Nal Kaur	See above.	info@thecleanse.com	505-747-3323	
Espanola	Wednesdays 2 - 3:30 p.m.	Northern New Mexico College	Kundalini Yoga	Siri Deva Singh Khalsa	College tuition policy covers cost of class.	sirideva@gmail.com	505-747-3139	This college is a semester-long class that you must register for through the college.
Los Alamos	Tuesdays 3 - 4 p.m.	University of New Mexico - Los Alamos Campus	Kundalini Yoga	Siri Deva Singh Khalsa	College tuition policy covers cost of class.	sirideva@gmail.com	505-747-3139	This college is a semester-long class that you must register for through the college.
Los Alamos	Tuesdays	University of	Kundalini Yoga	Siri Deva Singh	College tuition	sirideva@gmail.com	505-747-3139	This college is a semester-long class

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	4 - 5:30 p.m.	New Mexico - Los Alamos Campus		Khalsa	policy covers cost of class.	om		that you must register for through the college.
Los Alamos	Tuesday and Thursday 7 - 8 a.m.	Larry R. Walkup Aquatic Center; 2760 Canyon Road	Kundalini Yoga	Noor Singh Khalsa		khalsa44@valorn et.com		
Santa Fe	Wednesday 7:30-8:45am	Yoga Santa Fe; 1505 Llano St	Cleansing Yoga	Dr. Kartar Singh Khalsa	\$13 and passes available	drkartar1@gmail .com	505-982-6369	
Santa Fe	Tuesday and Sunday Tuesday - 6- 7:30; Sunday 11:30-12:45	Studio East; 332 Cm. del Monte Sol	Kundalini Yoga	Nodia Brent- Lux	\$10-12	lux@cybermesa. com	505-983-6635	
Santa Fe	Wednesday 11:00-11:45 am	826 Camino de Monte Rey	Yoga for Children	Nodia Brent- Lux	\$8	lux@cybermesa. com	505-983-6635	For homeschoolers ages 5-12
Santa Fe	Tuesday 4-5 pm	YogaSource; 901 W. San Mateo	Yoga for Children	Nodia Brent- Lux	\$8.50-10	lux@cybermesa. com	505-983-6635	For children ages 5-8
Santa Fe	Monday 6-7:15 p.m.	Yoga Santa Fe; 1505 Llano St	Yoga for Transformation	Kirn Kaur Khalsa	\$13 and passes available	kirnkhalsa@gmai l.com	505-982-6369	
Santa Fe	Tuesday 9-10:15 a.m.	Yoga Santa Fe; 1505 Llano St	Yoga for Stress Relief	Aad Such Kaur (Frankie)	\$13 and passes available	kirnkhalsa@gmai l.com	505-982-6369	
Santa Fe	Tuesday 4:30-5:45 p.m.	Yoga Santa Fe; 1505 Llano St	Yoga for Pregnancy	Narinder Kaur	\$13 and passes available	kirnkhalsa@gmai l.com	505-982-6369	
Santa Fe	Tuesday 6-7:15 p.m.	Yoga Santa Fe; 1505 Llano St	Yoga	Amar/Tom Boomer	\$13 and passes available	kirnkhalsa@gmai l.com	505-982-6369	
Santa Fe	Wednesday 4:30-5:45 pm	Yoga Santa Fe; 1505 Llano St	Advanced Yoga	Dr. Guruchander Khalsa	\$13 and passes available	kirnkhalsa@gmai l.com	505-982-6369	
Santa Fe	Wednesday 6:00-7:15 pm	Yoga Santa Fe; 1505 Llano St	Yoga Workout	Kirn Kaur Khalsa	\$13 and passes available	kirnkhalsa@gmai l.com	505-982-6369	
Santa Fe	Thursday 9:00-10:15 am	Yoga Santa Fe; 1505 Llano St	Yoga for Relaxation	Aad Such Kaur (Frankie)	\$13 and passes available	kirnkhalsa@gmai l.com	505-982-6369	

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Santa Fe	Friday 4:30-5:45 pm	Yoga Santa Fe; 1505 Llano St	Yoga for an Open Heart	Deva Singh	\$13 and passes available	kirnkhal@gmai l.com	505-982-6369	
Santa Fe	Saturday 9:00-10:15 am	Yoga Santa Fe; 1505 Llano St	Yoga for Rejuvenation	Nirmal Kaur	\$13 and passes available	kirnkhal@gmai l.com	505-982-6369	
Santa Fe	Sunday 9:00-10:15 am	Yoga Santa Fe; 1505 Llano St	Intermediate Yoga	Dr. Guruchander Khalsa	\$13 and passes available	kirnkhal@gmai l.com	505-982-6369	
Santa Fe	Sunday 5-7 a.m.	Yoga Santa Fe; 1505 Llano St	Sadhana	Dr. Guruchander Khalsa	Free	kirnkhal@gmai l.com	505-982-6369	
Silver City	Saturday mornings 9:30	104 N. Texas St.	Kundalini Yoga	Karambir Kaur	\$10 or \$80 10-pass	karambirkaur@ wildblue.net	575.313.2649	
Silver City	Friday 12 noon	104 N. Texas St.	Kundalini Yoga	Alexandria Hollister	\$10 or \$80 10-pass	karambirkaur@ wildblue.net	575.313.2649	
Silver City	Thursday 5:30 - 7 p.m.	104 N. Texas St.	Kundalini Yoga	Alexandria Hollister	\$10 or \$80 10-pass	karambirkaur@ wildblue.net	575.313.2649	
Silver City	Wednesday 5:30 - 7 p.m.	104 N. Texas St.	Breath and Meditation	Siri Dharma Khalsa	\$10 or \$80 10-pass	karambirkaur@ wildblue.net	575.313.2649	
Taos	Wednesday 6 - 7:30 p.m.	Taos Khalsa Health; #67 Highway 522, Suite C (Northstar Plaza in Las Colonias)	Kundalini Yoga	Rajinder Kaur Khalsa	\$15 or \$108 for 8- pass	hsk@taoskhalsa health.com	575-751-1335	
Truchas	Monday and Thursday 7-8:15 p.m.	Cardona - Hine Gallery	Kundalini Yoga	Teresa Sparks		sparksfly@cyber mesa.com		

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