



Mi Vida Yoga

2418 Juan Tabo Blvd. NE - Albuquerque, NM 87112

505-508-5943



MONDAY

****6am** - Stephen H.
Hot Yoga Flow

****9am** - Heather
Warm Sacred All-
Levels Flow

****10:30am** - Heather
Chair Yoga

4:30pm - Stephen H.
Room temp Hatha

****6pm** - Crystal
Sacred All-Levels
Flow

7:30pm - Calysta
Hot Sacred Flow

TUESDAY

9am - Heather
Hot Yoga

4:30pm - Claudia
Warm Hatha

****6pm** - Daly
Hot Yoga

6pm - Cindy
Chair Yoga

7:30pm - Calysta
Hot Sacred Flow

WEDNESDAY

7am - Stephen R.
Hot Yoga Flow

****9am** - Heather
Warm Restorative

****10:30am** - Heather
Chair Yoga

4:30pm - Claudia
Warm All-levels
Sacred Flow

6pm - Crystal
Hot Yoga

7:30pm - Crystal
Hot Shakti

THURSDAY

****9am** - Ashley A.
Yin Nidra RTemp w/
Gong Savasana
(Bring your own
props)

2pm - Laura B.
Warm Sacred
Stretch Yoga

4:30pm - Ashley
Warm All-levels Flow

****6pm** - Stephanie
Hot Yoga

7:30pm - Randi
Hot Yoga

FRIDAY

6am - Daly
Hot Yoga

****9am** - Ama
Hot Sacred Flow

****10:30am** -
Heather
Chair Yoga
(Online Only)

4:30pm - Stephen
Room Temp
Restorative

SATURDAY

****7:00am** - Heather
Hot Yoga

****9am** - Heather
Warm Sacted All-
levels Flow

SUNDAY

****9am** - Laura
Hot Sacred All-levels
Flow

****11am** - Ashley
Warm Restorative

6pm - Stephen H.
Warm Restorative

Classes marked with
** are offered LIVE
STREAMED