

July 2017

Special Events



~July 2017~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Center Closed	4 Center Closed	5 New yoga series starts today.	6	7 Fri. Flow 5-6 PM	8
9	10	11 Teacher Training 10-2	12	13 Teacher Training 11-1	14 Fri. Flow 5-6 PM	15
16 →	17	18 Teacher Training 10-2	19	20 Tchr. Tr. 11-1 & Graduation at 1 Soul Walk 6:30 PM	21 Fri. Flow 5-6 PM	22
23/30	24/31	25	26	27	28 Fri. Flow 5-6 PM	29

Tuesday, Thursday 7/20, 6:30 PM; Sunday 8/20, 9 AM Soul Walks with Melissa Webb FREE Take some time this summer to simply be. Once a month we'll meet at a local park. There, we'll be given a topic to ponder (or not) as we walk in silence. Nature will guide us. The sights, smells, and sounds will inform our experience. After 40 minutes we'll come together to share what came up for us, whether related to our topic or not. No pressure. No expectation. Just time to feed our souls. Please register by Tues. 7/18 for the 7/20 walk (317-257-9642). Meet at Skiles Test Nature Park, 6828 Fall Creek Road (Fall Creek Road and Shadeland) for the 7/20 walk.

UPCOMING EVENTS

8/7-8/13
Blue Lotus Dinner

Summer Break Week
Saturday, September 9th, 6 PM

PRICE STRUCTURE

\$140 for 2 months (8 wks.) unlimited attendance (with \$70 monthly payment option)

Or pay for 6-11 months at a time @ \$65/month

Or pay for 12 months at a time @ \$60/month

Veterans (with DD214) / students (with ID card) pay \$70 for two months (50% off)

\$15 drop-in

\$25 1 wk. unlimited class pass

YOGA CLASSES

Attend as many classes (at your level or below) per week as you like when you sign up for the series. There is an extra charge for Restorative Yoga.

Gentle Yoga: This class includes gentle stretches in the chair, standing, and on the floor (where doable). This class is perfect for anyone with limitations, anyone who wants to start at the very beginning and for experienced yoga students as well. Free or \$10. **

Friendly Flow Friday: This all-levels class includes asana plus restorative poses plus pranayama. Restore yourself for the weekend! Free or \$10. **

Restorative Yoga: This deeply relaxing class has limited space, so be sure to register early when it's offered. \$20 per class.

****Gentle Yoga, and Friendly Flow Friday are free for students signed up for an unlimited yoga series.** For other students, these two classes are \$10 each, or \$70 for 8 weeks. Classes are one hour only.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Mixed Level 9:30 AM	Beginner 5:30 PM	Mixed Level 9:30 AM	Beginner 9:30 AM	Friendly Flow Friday 5-6 PM	Mixed Level 9:00 AM
	Mixed Level 5:30 PM	Intermediate 7:00 PM	Gentle Yoga 11 AM			Beginner 10:30 AM
	Beginner 7:00 PM		Intermediate 5:30 PM			
			Mixed Level 7:00 PM			