

# June 2017

## Special Events



| ~June 2017~                                      |  |  |      |                               |  |  |
|--|--|--|------|-------------------------------|--|--|
| Sun  | Mon  | Tue  | Wed  | Thu                           | Fri  | Sat  |
|  |  |  |      |                               | 2<br>Friday Flow<br>5-6 PM<br>Study Group 6-7:30 | 3  |
| 4  | 5<br>8-Week Naturally<br>Slim Body Group<br>Wk. 1, 6-7 PM  | 6<br>Teacher Training<br>10-2<br>Soul Walk, 9 AM                         | 7    | 8<br>Teacher Training<br>11-1 | 9<br>Fri. Flow 5-6 PM                            | 10<br>Introduction to<br>Meditation<br>2-4:45 PM |
| 11<br>Introduction to<br>Meditation<br>9-12 noon | 12<br><b>BREAK WEEK</b> →                                  | 13 →   | 14 → | 15 →                          | 16 →   | 17 →   |
| 18 →   | 19<br>8-Week Naturally<br>Slim Body Group<br>Wk. 2, 6-7 PM | 20<br>Teacher Training<br>10-2<br>The Chemical-Free<br>Home 6:15-7:30 PM | 21   | 22<br>Tchr. Tr. 11-1          | 23<br>Fri. Flow 5-6 PM                           | 24   |
| 25   | 26<br>8-Week Naturally<br>Slim Body Group<br>Wk. 3, 6-7 PM | 27<br>Teacher Training<br>10-2<br>Build Your Own<br>Business 6:45-7:45   | 28   | 29                            | 30<br>Fri. Flow 5-6 PM                           |  |

**Friday 6/2, 6-7:30 PM Study Group** We will continue discussion of *Self-Knowledge* by Swami Nikalananda.

**Monday 6/5, 6-7 PM Naturally Slim Body 8-Week Group** Utilize your healing power to reach and maintain your desired weight. We will use highly effective techniques including EFT and hypnosis, as well as eating tips. Please call Carol at 317-445-4203 to register or for further information. Registration required by Sat. 6/3.

**Tuesday, 6/6 9 AM; Thursday 7/20, 6:30 PM; Sunday 8/20, 9 AM Soul Walk 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 Saturday 6/3 for the first walk (317-257-9642). Meet at Skiles Test Nature Park, 6828 Fall Creek Road (Fall Creek Road and Shadeland) for the 6/6 walk.

**Introduction to Meditation, Saturday 6/10, 2-4:45 & Sunday 6/11, 9-12 Noon** Learn how to understand your mind, reduce stress, and stay centered with a busy schedule. This workshop will include theory and practice so you can go home and start meditating on your own. \$125. Please register by Thursday 6/8 (317-257-9642). Once you attend class you can audit it free for life.

**Tuesday 6/20, 6:15-7:30 PM The Chemical Free Home FREE** Kick toxic chemicals out of your home using simple and affordable tactics that anyone can do using the best essential oils on the planet. Please register by Monday, 5/19 (317-445-4203).

**Tuesday 6/27, 6:45-7:45 PM Build A Successful Business FREE** Build your own business working part time or full time. This opportunity is for those who have a passion for natural living. Learn what it's about and how to start. Call 317-445-4203 to register by 6/24/17.

. Please call to register by Saturday 5/20 (317-445-4203).

### UPCOMING EVENTS

**Naturally Slim Body 8-Week Group**

**Starts Monday 6/5, 6-7 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<br>9:30 AM | Beginner<br>5:30 PM     | Mixed Level<br>9:30 AM  | Beginner<br>9:30 AM | Friendly Flow<br>Friday<br>5-6 PM | Mixed Level<br>9:00 AM |
|        | Mixed Level<br>5:30 PM | Intermediate<br>7:00 PM | Gentle Yoga<br>11 AM    |                     |                                   | Beginner<br>10:30 AM   |
|        | Beginner<br>7:00 PM    |                         | Intermediate<br>5:30 PM |                     |                                   |                        |
|        |                        |                         | Mixed Level<br>7:00 PM  |                     |                                   |                        |