

# January 2018

## Special Events



~January 2018~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> Chanting the Maha Mrityunjaya mantra 9-9:30 AM	<b>2</b> 500-Hour Teacher Training 10-2	<b>3</b>	<b>4</b> Tchr. Training 11-2	<b>5</b> Study Group 6-7:30 PM	<b>6</b>
<b>7</b>	<b>8</b> Chanting Maha Mrityunjaya 9-9:30	<b>9</b> 500-Hour Teacher Training 10-2	<b>10</b>	<b>11</b> Tchr. Training 11-2  Hypnosis for Weight Loss 6-7:30 PM	<b>12</b>	<b>13</b> Introduction to Meditation 2-4:45 PM
<b>14</b> Introduction to Meditation 9-12 noon	<b>15</b> Chanting Maha Mrityunjaya 9-9:30	<b>16</b> 500-Hour Teacher Training 10-2	<b>17</b>	<b>18</b> Tchr. Training 11-2 Deep Relaxation + Weight Loss 6-7:15 PM, Week 1	<b>19</b>	<b>20</b>
<b>21</b> Introduction to the Chakras 2-4:15	<b>22</b> Chanting Maha Mrityunjaya 9 AM	<b>23</b> 500-Hour Teacher Training 10-2	<b>24</b>	<b>25</b> Tchr. Training 11-2 Deep Relaxation + Weight Loss 6-7:15 PM, Week 2	<b>26</b>	<b>27</b>
<b>28</b>	<b>29</b> Chanting the Maha Mrityunjaya mantra 9-9:30 AM	<b>30</b> 500-Hour Teacher Training 10-2	<b>31</b>			<b>30</b>

**Every Monday morning, 9-9:30 AM FREE** Join our dedicated group in chanting the Maha Mrityunjaya mantra. This healing mantra will help you as well as others you have the intent to help. Sheets are available to follow along while you're learning the pronunciation.

**Fridays 1/5, 2/2, 3/2, and 4/6 6-7:30 PM Study Group** Join us for four months of philosophical/spiritual study. We will be reading *Crest Jewel of Discrimination*, translation and commentary by Chinmayananda. \$20 for the series.

**Thursday 1/11, 6-7:30 PM Hypnosis for Weight Loss** Learn what hypnosis is and how to use it to release unwanted pounds. Go home with some positive suggestions you can use to help you reach your goal weight. Please call 317-445-4203 to register by 1/9 (317-445-4203). \$20.

**Thursdays 1/18-3/8, 6-7:15 PM 8-Week Group: Deep Relaxation + Weight Loss** We will combine deep relaxation and breathing with powerful transformative methods (such as EFT and hypnosis) to lose weight naturally by releasing the blocks that cause unwanted behaviors and self-talks. Learn how to be free of preoccupation with food and weight. Call 317-445-4203 for further information and to register. \$297 (or \$267 if registered and paid by 1/12). Please register by Monday 1/15.

**Saturday 1/13, 2-4:45 PM and Sunday 1/14, 9-12 noon Introduction to Meditation** 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 call 317-257-9642 to register by Thursday 1/11. Once you attend class you can audit it free for life.

**Sunday 1/21, 2-4:15 PM Introduction to The Chakras** Chakras are subtle energy centers in the body. Learn the significance of each one and ways to bring them into greater balance using asana, mantra, and color. Please call 317-257-9642 to register by Thursday 1/18.

## PRICE STRUCTURE

**\$160 for 2 months (8 wks.) unlimited attendance (with \$80 monthly payment option)**

Or pay for 6-11 months at a time @ \$75/month

Or pay for 12 months at a time @\$70/month

Veterans (with DD214) / students (with ID card) pay \$80 for two months (50% off)

**\$15 drop-in**

**\$125 10-class pass (good for one year)**

## 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 classes (good for a maximum of two months). 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	Gentle Yoga 12 noon <b>NEW</b>	Mixed Level 9:00 AM
	Mixed Level 6:30 PM <b>NEW</b>	Intermediate 7:00 PM	Gentle Yoga 11 AM		Friendly Flow Friday 5-6 PM	Beginner 10:30 AM
			Intermediate 5:30 PM			
			Mixed Level 7:00 PM			

