

April 2018

Special Events



~April 2018~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Chanting Maha Mrityunjaya 9-9:30	3 500-Hour Teacher Training 10-2	4	5 Tchr. Training 11-2 Deep Relaxation + Weight Loss 6-7:15 PM, Week 6	6 Study Group 6-7:30 PM	7
8	9 Chanting Maha Mrityunjaya 9-9:30	10 500-Hour Teacher Training 10-2	11	12 Tchr. Training 11-2 Deep Relaxation + Weight Loss 6-7:15 PM, Week 7	13	14
15	16 Maha Mrityunjaya 9-9:30; Essential Oils for Spring Cleansing 5:45 PM	17 500-Hour Teacher Training 10-2	18	19 Tchr. Training 11-2 Deep Relaxation + Weight Loss 6-7:15 PM, Week 8	20	21
22	23 Chanting Maha Mrityunjaya 9-9:30	24 500-Hour Teacher Training 10-2	25	26 Tchr. Training 11-2	27	28
29	30					

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.

Friday, 4/6 6-7:30 PM Study Group We're now in the fourth month of philosophical/spiritual study. We are reading *Crest Jewel of Discrimination*, translation and commentary by Chinmayananda.

Monday, 4/16, 5:45-6:45 PM Essential Oils for Spring Cleansing FREE Transition into spring feeling light and clear using essential oils and cleansing techniques. We will cover various fasting and cleansing methods, and oils/oil-infused supplements that aid the cleansing process. Please call 317-445-4203 to register by Saturday 4/14.

UPCOMING EVENTS

Introduction to Meditation
Hannah Somatics with Marsha Pappas
(a wonderful complement to yoga)

Saturday 5/5 & Sunday 5/6
Thursday, 5/10, 6:30-9:30 PM

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
	<p>Mixed Level 9:30 AM</p> <p>Mixed Level 6:30 PM NEW</p>	<p>Beginner 5:30 PM</p> <p>Intermediate 7:00 PM</p>	<p>Mixed Level 9:30 AM</p> <p>Gentle Yoga 11 AM</p> <p>Intermediate 5:30 PM</p> <p>Mixed Level 7:00 PM</p>	<p>Beginner 9:30 AM</p>	<p>Gentle Yoga 12 noon NEW</p> <p>Friendly Flow Friday 5-6 PM</p>	<p>Mixed Level 9:00 AM</p> <p>Beginner 10:30 AM</p>