



5038 East 56th St., Indianapolis, IN
317-257-9642

ANNUAL REPORT 2017

Dear Friends of Inner Peace Yoga Center,

Thanks for all your support for all our classes, seminars, and special activities. As 2017 comes to an end, we are thankful for our students' regular attendance, and for the help of a dedicated board, wonderful teachers, and heartfelt volunteers and donors. We couldn't have done it without you!

We were able to provide interesting, stimulating programs, including the following: 636 total weekly yoga classes, several meditation workshops and chanting sessions, weekly chanting of the healing Maha Mrityunjaya mantra, monthly study group (satsang), continuing education classes for teachers, our annual Yogathon, a weekend workshop with Jaime Stover-Schmitt, a Blue Lotus fund-raising dinner with distinguished speaker Brea and her resident assistant from Outside the Box, and a family holiday party / Silent Auction. We had three Restorative Yoga classes, which continue to be a success, and a special Fall Balance class for ease in moving into the new season.

In March a group spent the weekend at Oakwood Retreat Center, enjoying time to relax and deepen practices. It was a perfect fall weekend with great food and company, and everyone went home feeling totally refreshed. We also had a Women's Renewal Day, which was stimulating, informative and gave the yoginis a chance to socialize with and support each other.

In addition to our classes at 56th Street, we have continued to have our center teachers Bonnie Hand and Denise Petolino hold community outreach yoga classes at Cancer Support Community, Inc. and St. Vincent's Hospice, where students attend at no charge. In July we graduated a group of highly skilled 200-hour certified yoga teachers in our Yoga Alliance registered Teacher Training Program. We appreciate that two of them are now volunteering their services at the center. We also started a 500-hour teacher training program, which will continue into 2018.

With your help we look forward to an even better 2018. Your end-of-year donation can help to:

- Keep classes, workshops, and retreats affordable, and provide more scholarships in these challenging times
- Continue the teachings of the Himalayan Tradition
- Provide general operating funds
- Continue outreach efforts and bring the benefits of yoga and meditation to more people

Looking ahead to 2018, we have the following plans:

- Ongoing classes, lectures, and annual events
- Weekend workshops, TBA
- A 200-hour Teacher Training

Please think about the positive impact Inner Peace Yoga Center has had on your life, and consider making a donation to our efforts today. You might also check with your place of employment, as many companies will provide matching funds for their employees. For your convenience, a form is attached for your donation.

In service,

Charles and Carol Crenshaw, Directors



5038 East 56th St., Indianapolis, IN
317-257-9642

Here is my end-of-year contribution to Inner Peace Yoga Center.

Name _____

Address _____

City _____ Zip _____

I would like to donate \$ _____.

_____ My check is enclosed.

_____ I would like to pay by credit card (We accept VISA, Master Card, and Discover).

Credit Card # _____ Exp. Date _____

Name (as it appears on credit card) _____

Signature _____ Type of Card _____

_____ My company will match my gift.

Highlights of Special Events

FUND-RAISERS

Yogathon

This year's Yogathon was booming! We had 37 people signed up and fourteen generous sponsors, including: Good Earth, Tellman Dentistry, Power of Touch, Three Sisters, Greentree Real Estate Group, Coughlin Chiropractic, Indy Counseling Professionals, Divine Mother Doula, Bizcard Express, Puzzle Pieces, Radiant Life Wellness, The George Group, and So Bro Café (one additional donor prefers to remain anonymous). We added some new classes to this year's schedule including: Slow Burn, Core Strengthening, and Aromayoga. Most attendees attended class all day long – more power to them! Everyone who signed up in a timely fashion received a free tee. Once again, Dave Graf volunteered his time for complimentary chair massages.

Fund-Raiser Dinner

The dinner was a really fun evening with guest speaker Brea and assistant from Outside the Box (a local non-profit serving people with intellectual and developmental disabilities), live entertainment by Sylvia Maiuri, and an Ipad Pro in our free raffle. Grace Starcke made everyone beautiful blue lotus ribbon pins. The dinner was held at the Unitarian Universalist Church of Indianapolis, which proved to be a bright, roomy, and comfortable setting. The space was donated by Don Sommers.

TEACHER TRAINING

200-Hour Yoga Teacher Training 1/17-7/17

Our teacher training went by in a flash, and we so enjoyed our fabulous students, who were eager to learn as much as they could. Guest teachers who brought their own areas expertise to the training included John Peterson, M.D., Dave Graf, therapeutic body worker and licensed massage therapist, Young Park, D.O., and Dr. Jaime Stover-Schmitt, expert yoga therapist. We have also continued our continuing education classes for our established teachers, helping to become even more outstanding teachers.

Yoga Therapy for Hips

We are always honored to have Jaime share her extensive knowledge of yoga, using simple techniques for significant changes. The Friday workshop was open to teacher trainees as well as students from the general classes. Jaime took us through several gentle and effective stretches to open the hips and help relieve discomfort.

Our Mission:

Inner Peace Yoga Center is dedicated to helping all people create a balanced life using traditional yoga practices; providing classes, workshops, retreats and community service.

We are a 501©3 educational non-profit.

Board of Directors:

Andy Alam, Social Media and Promotion
Connie Tellman, Community Outreach
Carol Crenshaw, Treasurer
Charles Crenshaw Jr., Webmaster
David Studley, Fund-Raising
Melissa Barnes, President of the Board
Melissa Webb, Secretary

Yoga Teachers:

Andy Alam
Melissa Barnes
Carol Crenshaw
Charles Crenshaw
Susan Goodart
Bonnie Hand
Elizabeth McClain
Sarah Nemecek
Denise Petolino
Grace Starcke
David Studley
Doris Weathers
Melissa Webb

Lecturers & Guest Teachers:

Carol Crenshaw, M.S., Ed.M., IAYT certified
Charles Crenshaw, M.S., M.Div.W., IAYT certified
Dave Graf, Integrative Body Therapist
Kevin Logan, M.D.
Young Park, D.O.
John Peterson, M.D.
Jaime Stover-Schmitt, Ed.D.

Inner Peace Yoga Center would like to offer a special thank you to our 2016 sponsors and donors.

Sponsors:

Bizcard Express
Coughlin Chiropractic
Divine Mother Doula Service
Good Earth Natural Food Co.
George Group
Greentree Real Estate Group
Indy Counseling Professionals

Power of Touch
Puzzle Pieces
Radiant Life Wellness
So Bro Cafe
Tellman Dentistry
Three Sisters

Donors (from 1/1/17-10/31/17):

Steve Adams
Andy Alam
Megan Alam
Amazon Smile
VaNette Ash
Melissa Barnes & Cory Slade
Maryann Bolles
John & Natalie Bower
Maira Bradley
Valerie Brown
Angela Brunt
Neelu Burgan
Confectioneireess Cupcakes and Sweets
John Corwin
Dr. Shelley Coughlin
Charles and Alene Crenshaw
Sandy Cummings
Meghan Dagon
Kim Davis
Azalea Deford
Karen and Bob Dietrick
Kathleen Dillon
Carol Edison
Peg Fierke
Vincent French
Sarah Gafter
Anastasia Geminden
Susan Goodart
Dave Graf
Gregg Grosh
Bonnie Hand
Trudy Hill
Jayne Hoadley
Melinda Humphrey
Krisztina Inskeep
J. Evelyn Confections
Kathy Koning

Terry LaMacchia
Chris and Lesly Lamb
Denise Leonard
Sylvia Maiuri
Market District
Massage and Healing Center
Libby Millekin
Sarah Nemecek
Jimmy Nocon
Yvonne Oomkes
Denise Petolino
Les Pollert
Bonnie Schaller
Jim Schrementi
Betty Seno
Peggy Sexson
Shalimar Indian Restaurant
Don Sommers
Grace Starcke
David Studley
Barry Tague
Connie and Bill Tellman
Clint Walker
Jeff Watson
Doris and Robert Weathers
Melissa and Greg Webb
Charles Woodard
Jennifer Yumibe