

# February 2018

## Special Events



~February 2018~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Tchr. Training 11-2	2 Study Group 6-7:30 PM	3
4	5 Chanting Maha Mrityunjaya 9-9:30	6 500-Hour Teacher Training 10-2	7	8 Tchr. Training 11-2	9	10
11	12 Chanting Maha Mrityunjaya 9-9:30 Intro to Essential Oils 5:45 PM	13 500-Hour Teacher Training 10-2	14 Happy Valentine's Day ♥	15 Tchr. Training 11-2 Deep Relaxation + Weight Loss 6-7:15 PM, Week 1	16	17
18	19 Chanting Maha Mrityunjaya 9 AM	20 500-Hour Teacher Training 10-2	21	22 Tchr. Training 11-2 Deep Relaxation + Weight Loss 6-7:15 PM, Week 2	23 Teachers Continuing Education Class 6-7:30 PM	24
25	26 Chanting the Maha Mrityunjaya mantra 9-9:30 AM	27 500-Hour Teacher Training 10-2	28			

**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.

**Monday 2/12, 5:45-7:15 PM Introduction to Essential Oils FREE** Join us to learn about the powerful benefits of the oils for the physical body, energy body, and mind-emotions. We will show you the three ways to use the oils, and have Young Living oils available to try out. Please call to register by Saturday 2/10 (317-445-4203).

**Thursdays 2/15-4/12 (skip 3/29), 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 Please register by Monday 2/12.

**Friday 2/23, 6-7:30 PM Teachers Continuing Education Class** This class is for certified yoga teachers. Deepen your understanding of yoga and earn CEU credits. The class is free for all present IPYC teachers; all others pay \$15. Please call to register by Wednesday 2/21 (317-257-9642).

### UPCOMING EVENTS

**Yogathon**  
**Introduction to Meditation**

**Saturday 3/10, 8:30-5:00 (sign up by 2/24 & get a free tee)**  
**Saturday 3/3, 2-4:45 PM and Sunday 3/4, 9-12 noon**

## 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			

