

May 2017

Special Events



~May 2017~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5 Friday Flow 5-6 PM	6
7 Restorative Yoga 2:30-4	8	9 Teacher Training 10-2	10	11 Teacher Training 11-1	12 Fri. Flow 5-6 PM Study Group 6-7:30 Teachers Continuing Ed. 6-7:30	13
14	15	16 Teacher Training 10-2	17	18 Teacher Training 11-1 Oils 101 Facebook Class 7:45 PM	19 Friday Flow 5-6 PM	20
21	22	23 Teacher Training 10-2 Essential Oils for Home & Garden 6-7	24	25 Tchr. Tr. 11-1 Hypnosis for a Naturally Slim Body 6-7:30 PM	26 Friday Flow 5-6 PM	27
28	29 MEMORIAL DAY – CENTER IS CLOSED	30 Teacher Training 10-2	31			

5/7, 2:30-4 PM Restorative Yoga Relax deeply while propped up in poses and adjusted by Dave G and Dave S. This approach will deepen your breathing and relax your mind as well as your body. Please call 317-283-1152 to see if space is still available. \$20.

5/12 and 6/2, 6-7:30 PM Study Group We will continue discussion of *Self-Knowledge* by Swami Nikalananda. We will break for July and August. \$10 for the two months.

Thursday 5/18, 7:45-8:30 PM The Chemical Free Home, Facebook Class 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. Details will be forthcoming on how to login for the event.

Tuesday 5/23, 6-7 PM Essential Oils for Home and Garden FREE Glean practical pointers on how to keep your home clean, your garden and yourself nuisance-free using oils and oil-infused products that you can make at home easily and cheaply. Tips and recipes will be provided. Please call to register by Saturday 5/20 (317-445-4203).

Thursday 5/25, 6-7:30 PM Hypnosis for a Naturally Slim Body Learn how to use hypnosis to melt away unwanted pounds and enjoy the slim body you desire. You will have the opportunity to experience hypnosis and go home with individual suggestions to work with at home. \$15.

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
Restorative Yoga 2:30-4 PM (5/7 only)	Mixed Level 9:30 AM	Beginner 5:30 PM	Mixed Level 9:30 AM	Beginner 9:30 AM	Friendly Flow Friday 5-6 PM	Mixed Level 9:00 AM
	Mixed Level 5:30 PM	Intermediate 7:00 PM	Gentle Yoga 11 AM			Beginner 10:30 AM
	Beginner 7:00 PM		Intermediate 5:30 PM			
			Mixed Level 7:00 PM			