

# March 2018

## Special Events



~March 2018~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<b>1</b> Tchr. Training 11-2 Deep Relaxation + Weight Loss 6-7:15 PM, Week 2	<b>2</b> Study Group 6-7:30 PM	<b>3</b> Introduction to Meditation 2-4:45 PM
<b>4</b> Introduction to Meditation 9-12 noon	<b>5</b> Chanting Maha Mrityunjaya 9-9:30	<b>6</b> 500-Hour Teacher Training 10-2	<b>7</b>	<b>8</b> Tchr. Training 11-2 Deep Relaxation + Weight Loss 6-7:15 PM, Week 3	<b>9</b>	<b>10</b> <b>YOGATHON</b> <b>8:30-5:00</b>
<b>11</b>	<b>12</b> Chanting Maha Mrityunjaya 9-9:30	<b>13</b> 500-Hour Teacher Training 10-2	<b>14</b>	<b>15</b> Tchr. Training 11-2 Deep Relaxation + Weight Loss 6-7:15 PM, Week 4	<b>16</b>	<b>17</b> Saint Patrick's Day
<b>18</b>	<b>19</b> Chanting 9 AM Try Out Hypnosis 6-7 PM	<b>20</b> 500-Hour Teacher Training 10-2 Spring Equinox	<b>21</b>	<b>22</b> Tchr. Training 11-2 Deep Relaxation + Weight Loss 6-7:15 PM, Week 5	<b>23</b>	<b>24</b>
<b>25</b>	<b>26</b> Break Week →	<b>27</b> Break Week →	<b>28</b> Break Week →	<b>29</b> Break Week →	<b>30</b> Break Week →	<b>31</b> Break Week →

**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, 3/2, and 4/6 6-7:30 PM Study Group** We're now in the third of four months of philosophical/spiritual study. We are reading *Crest Jewel of Discrimination*, translation and commentary by Chinmayananda. \$20 for the series.

**Saturday 3/3, 2-4:45 and Sunday 3/4, 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 3/1. Once you attend class you can audit it free for life

**3/10, 8:30 AM – 5:00 PM YOGATHON** Join us for a day filled with yoga classes. Stay for all or part of the day and enjoy free snacks, drinks, and chair massage along with the classes. This year's theme will be: "Exploring the Pairs of Opposites". We will have regularly scheduled classes in the morning, and classes from noon to 5 PM on this special theme. To register, fill out a form at Inner Peace Yoga Center or go to: <http://ipyc.org/yogathon.html> for participation form. The days schedule is available at the center and also on the website.

**3/19, 6-7 PM Try Out Hypnosis** This class is for those who are curious to find out what hypnosis really is, and experience it first-hand. Hypnosis is a natural state and is very useful for everyday challenges and concerns. Please call 317-445-4203 to register by Saturday 3/17. \$10.

## 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			

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