



FEBRUARY 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 B2-ADV. 9:30 AM GENTLE STR 11 AM B2 5:30 PM INTER. 7:00 PM Chanting of the healing Maha Mrityunjaya mantra Free 9:00-9:30 AM	2 B1 9:30 AM Weight Loss & Eating Issues (Hypnosis week) 6-7:15 pm	3 Study Group: Yoga Sutras 6:30-8:00 PM	4 B2-ADV. 9:00 AM B1 10:30 AM
5B2-ADV. 4:30 PM	6 B2-ADV. 9:30 AM ADV/GRAD 6:15 PM B1 7:45 PM Free Group Meditation 5:45 PM	7 B1 5:30 PM B2 7:00 PM	8 B2-ADV. 9:30 AM GENTLE STR 11 AM B2 5:30 PM INTER. 7:00 PM Chanting of the healing Maha Mrityunjaya mantra Free 9:00-9:30 AM	9 B1 9:30 AM Quick As a Flash Vegetarian Basics 6-7:30 PM	10 COMMUNITY NIGHT Maha Mrityunjaya mantra Chanting at IPYC 6 PM Dinner at Shalimars after the chanting	11 B2-ADV. 9:00 AM B1 10:30 AM
12 B2-ADV. 4:30 PM Pay What You Can Yoga 12:15 PM Restorative Yoga: 2:30 PM	13 B2-ADV. 9:30 AM ADV/GRAD 6:15 PM B1 7:45 PM Free Group Meditation 5:45 PM	14 B1 5:30 PM B2 7:00 PM VALENTINE'S DAY	15 B2-ADV. 9:30 AM GENTLE STR 11 AM B2 5:30 PM INTER. 7:00 PM Chanting of the healing Maha Mrityunjaya mantra Free 9:00-9:30 AM	16 B1 9:30 AM	17 Non-violent Communication (NVC) Introductory Talk 7-9 PM	18 B2-ADV. 9:00 AM B1 10:30 AM Women's Mini Retreat 12 noon - 5 PM
19 B2-ADV. 4:30 PM Spirit House 11:00 AM Pay What You Can Yoga 12:15 PM	20 B2-ADV. 9:30 AM ADV/GRAD 6:15 PM B1 7:45 PM Free Group Meditation 5:45 PM NEW YOGA SERIES	21 B1 5:30 PM B2 7:00 PM	22 B2-ADV. 9:30 AM GENTLE STR 11 AM B2 5:30 PM INTER. 7:00 PM Chanting of the healing Maha Mrityunjaya mantra Free 9:00-9:30 AM	23 B1 9:30 AM Teacher Training Begins 6-10 pm	24 Chanting (at UII Church) 6:30-7:30 PM	25 B2-ADV. 9:00 AM B1 10:30 AM Introduction to Meditation 2-4:45 PM
26 B2-ADV. 4:30 PM Introduction to Meditation 9-12 noon Pay What You Can 12:15 PM	27 B2-ADV. 9:30 AM ADV/GRAD 6:15 PM B1 7:45 PM Free Group Meditation 5:45 PM	28 B1 5:30 PM B2 7:00 PM	29 LEAP YEAR			OVER FOR FURTHER INFORMATION →

FEBRUARY

Thursday, 2/2, 6-7:15 pm Lose Weight and Resolve Eating Issues for the New Year Do you want to lose weight, change eating habits, and reduce food cravings? Hypnosis will be used this week as a tool for success. Open to people of all weights. \$15. Payment: Cash or check to: Tools for Joyful Living. Please register by the Wed. before class if possible.

Fridays, 2/3, 3/2, and 4/13, 6:30-8 PM Study Group on Yoga Sutras Join our monthly discussion on this major text of yoga philosophy and learn how to integrate spirituality into your daily life. You may use *How to Know God* or any other translation/commentary. We ask that you sign up for all four months (Jan. - April) at the rate of \$5 each month.

Sunday, 2/19, 11-12 noon Spirit House with Rev. Charles Join this interfaith service for chanting, meditation, inspirational reading and discussion. Love offering.

Thursday, 2/9, 6-7:30 PM Quick as a Flash Vegetarian Basics This class is for those who want to have no-fuss, tasty, balanced meals. We will make rice, beans, veggies, and salad with Indian spices. Time-saving cooking tips will be included. Class size is limited. \$25.

Friday 2/10, 6:00 PM IPYC Community Night Join us for a fun evening with your yoga buddies and anyone else you would like to invite. We will start at the center with chanting of the healing mantra Maha Mrityunjaya at 6:00 pm. No experience necessary and no charge. We will then go to dinner at Shalimars afterwards. Please sign up for dinner reservations by Wed. 2/8, on the center bulletin board or call us at 257-9642 (please be prepared to pay for your own dinner).

Sunday, 2/12, 2:30-4 pm Restorative Yoga with Dave and Dave This is your opportunity to experience deep relaxation and tension release with little effort. Join this special class with yoga teacher Dave Studley and integrative body worker Dave Graf. Dave S. will lead you into gentle supported poses on the floor. While you hold and breathe, Dave G. will come around and help you release further using myofascial release, light Thai massage, etc. Please bring a minimum of three pillows and a blanket and arrive at 2:15 to set up. Space is limited so register early. Cost: \$20.

Sundays, 2/12, 2/19, 2/26 12:15 – 1:30 PM Pay What You Can Yoga This all levels class is open to anyone who wants to come. You may pay whatever works for you. If you are signed up for the yoga series there is no additional charge.

Friday, 2/17, 7-9 PM Introduction to Non-Violent Communication, with Albert Schinazi In a world of conflict, NVC gives us powerful tools to: understand others, decrease anger and defensiveness, handle conflicts successfully, express ourselves easily, and establish harmonious relationships. Love offering. This introduction precedes a full weekend workshop on 3/10 and 3/11.

Saturday, 2/18, 1-5 PM Women's Mini Retreat Join the fun! This afternoon will be a great time to bond with your yoga sisters and feel really supported. The retreat will be devoted to delving into who we were, are, and will become and expressing it in a collage. We will start with a vegetarian pitch-in lunch so please bring a dish to share as well as: something to place on the altar, scissors, glue, a few magazines (if you have them). \$50.

Friday 2/24, 6:30-7:30 PM Interfaith Chanting at UII, 615 W. 43 St. Indpls, IN 46208 Chanting is a powerful tool for opening up the heart, and creating devotion. Love offering.

Saturday, 2/25, 2-4:45 PM and Sunday 2/26, 9-12 noon Introduction to Meditation Do you want a focused mind, lowered blood pressure and improved health, freedom from stress, and inner tranquility? Come learn meditation, a non-sectarian practice. This step-by-step workshop will teach you the basic theory and practice so you can go home and start meditating. Cost: \$105.

PUT THESE DATES ON YOUR CALENDAR...

YOGATHON

Non-violent Communication Workshop, with Albert Schinazi
Ingredient Reading Made Easy, with Kevin Logan, M.D.

Saturday 3/3

Saturday 3/10 & Sunday 3/11

Friday, 3/16