



YOGA SCHEDULE

Winter/Spring
2017

CLASS INSTRUCTOR

Barbara Kennedy, M.A., has been practicing and teaching yoga and meditation in Indianapolis for over 20 years. She received her yoga teaching certification during a 3-year residency at the *Himalayan Institute of Yoga Science and Philosophy* in Honesdale, PA. Barbara also worked at the *Center for Holistic Medicine* in the Chicago area, staffed by medical doctors and yoga instructors who were all trained in alternative forms of healing. Locally she has been featured in the *Indianapolis Star*, *Indianapolis Monthly*, and the *Indianapolis Business Journal*.


TEACHING STYLE

Barbara helps students of all ages, fitness levels and lifestyles to feel both energized and relaxed through the practice of yoga. Smaller class size allows her to provide individualized instruction. She combines classical yoga, *Foundation* by Dr. Eric Goodman, *The Five Tibetan Rites*, meditation, and pranayama in her classes. Start where you are and use yoga to live mindfully in all aspects of your life. This is truly yoga for every body.

For information about yoga, breathing & relaxation or meditation at your workplace, and chair yoga for seniors, call Barbara at (317) 546-7650 or visit www.yogaworxindy.com.

TO LEARN MORE

www.yogaworxindy.com

 YOGAworx of Indianapolis

email: barbara@yogaworxindy.com

(317) 546-7650



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YOGAWORX
for every body

All students of any level are welcome. Beginners will be given the guidance they need while experienced students will be offered a more challenging practice. Classes include the philosophy and science of yoga, pranayama (breathing practices), and mindfulness.

Barbara Kennedy's relaxed approach to yoga creates a friendly, welcoming atmosphere. Smaller classes allow Barbara to help everyone participate according to their comfortable capacity. Students enjoy a sense of community and support with Barbara and each other.

PRIVATE YOGA

Barbara will help you to develop a personalized yoga practice. We meet at the YOGAworx studio in Northwood Christian Church, 4550 Central Avenue in Indianapolis. Individual fee \$65 for one hour, \$100 for groups of 2-4. Call Barbara at (317) 546-7650 to schedule your private yoga class.

YOGA CLASSES

YOGAworx Studio at
Northwood Christian Church
4550 Central Ave, Indianapolis, IN 46205

MONDAY EVENING

6:00 pm – 7:15 pm

8 weeks \$108

Jan 9 – Feb 27

Mar 6 – Apr 24

May 1 – Jun 19

(7 weeks/\$95, no class May 29, Memorial Day)

TUESDAY MORNING

9 am – 10:15 am

8 weeks \$108

Jan 10 – Feb 28

Mar 7 – Apr 25

May 2 – Jun 20

WEDNESDAY EVENING

6:30 pm – 7:45 pm

8 weeks \$108

Jan 11 – Mar 1

Mar 8 – Apr 26

May 3 – Jun 21

THURSDAY MORNING

9 am – 10:15 am

8 weeks \$108

Jan 12 – Mar 2

Mar 9 – Apr 27

May 4 – Jun 22

TO REGISTER

Complete registration form below and mail with your check, payable to Yogaworx. Please include your e-mail address (for confirmation of your registration). **8-week yoga class fee is \$108.** Students enrolled for the current session may **add on classes for \$5/class.** Yoga **drop-in fee is \$15/class.** Credit or refund for cancelled classes only.

Class minimum 6, maximum 14. Yoga mat required. Wear loose, comfortable clothing, bare feet. No perfume or chewing gum, and please turn off cell phones before class. Classes are not recommended during pregnancy.

TO LEARN MORE:

www.yogaworxindy.com  YOGAworx of Indianapolis
email: barbara@yogaworxindy.com (317) 546-7650

REGISTRATION FORM

Day/Time/Class: _____

Name: _____

Address: _____

City/State/Zip: _____

email: _____

Phone: _____

Class fee enclosed: \$ _____

Please mail this registration form with your check to:

YOGAworx
4915 Winston Dr.
Indianapolis, IN 46226

YOGAWORX
for every body