



## 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*, the *Indianapolis Business Journal* and *Indiana & Yoga Magazine*.

## 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](http://www.yogaworxindy.com).

# YOGA SCHEDULE

Summer/Fall 2017



### TO LEARN MORE:

[www.yogaworxindy.com](http://www.yogaworxindy.com)

 YOGAworx of Indianapolis

email: [barbara@yogaworxindy.com](mailto: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.

## MINDFULNESS 101

Make the second half of 2017 your most intentional with two opportunities to attend and learn about being mindful with *Mindfulness 101*.

**Dates:** Sat. July 15, Sat. Nov 4, 2017

**Time:** 9 AM – 12:00 PM

**Class Fee:** \$50

Our Saturday together will include discussions, guided meditations, and handouts to help you develop a mindful way of living and continue mindfulness at your home practice.

*"Every one of us already has the seed of mindfulness. The practice is to cultivate it."*

— Thich Nhat Hanh

## YOGA CLASSES

YOGAworx Studio at  
Northwood Christian Church

4550 Central Ave, Indianapolis, IN 46205

### MONDAY EVENING

6:00 PM – 7:15 PM

June 26 – August 14 (8 weeks \$108)

September 11 – October 23 (7 weeks \$95)

October 30 – December 18 (7 weeks \$95)

(no class Thanksgiving week Nov. 20)

### TUESDAY MORNING

9 AM – 10:15 AM

June 27 – August 15 (8 weeks \$108)

(Class will meet July 4)

September 12 – October 24 (7 weeks \$95)

October 31 – December 19 (7 weeks \$95)

(No class Thanksgiving week Nov. 21)

### WEDNESDAY EVENING

7:00 PM – 8:15 PM

June 28 – August 16 (8 weeks \$108)

September 13 – October 25 (7 weeks \$95)

November 1 – December 20 (7 weeks \$95)

(No class Thanksgiving week Nov. 22)

### THURSDAY MORNING

9 AM – 10:15 AM

June 29 – August 17 (8 weeks \$108)

September 14 – October 26 (7 weeks \$95)

November 2 – December 21 (7 weeks \$95)

(No class Thanksgiving week Nov 23)

## 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). 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](http://www.yogaworxindy.com)  YOGAworx of Indianapolis  
email: [barbara@yogaworxindy.com](mailto: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*