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# YOGA SCHEDULE

winter/spring 2018

## 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).

### 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

Begin your new year with  
*Mindfulness 101.*

**Dates:** Saturday January 20,  
Saturday March 24, 2018

**Time:** 9 AM – 11:00 AM

**Class Fee:** \$35

Our time together will include discussions, guided meditations, and ideas to help you develop a more mindful way of living.



*"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

January 8 – February 26 (8 weeks \$108)

March 5 – April 23 (8 weeks \$108)

April 30 – June 18 (7 weeks \$95)

(no class Memorial Day, May 28)

### TUESDAY MORNING

9 AM – 10:15 AM

January 9 – February 27 (8 weeks \$108)

March 6 – April 24 (8 weeks \$108)

May 1 – June 19 (8 weeks \$108)

### WEDNESDAY EVENING

7:00 PM – 8:15 PM

January 10 – February 28 (8 weeks \$108)

March 7 – April 25 (8 weeks \$108)

May 2 – June 20 (8 weeks \$108)

### THURSDAY MORNING

9 AM – 10:15 AM

January 11 – March 1 (8 weeks \$108)

March 8 – April 26 (8 weeks \$108)

May 3 – June 21 (8 weeks \$108)

## 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

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for every body