



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.

YOGA SCHEDULE

summer/fall 2018



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.

MINDFULNESS 101

Develop your practice with
Mindfulness 101.

Dates: Saturday July 21, Aug 18,
Sep 15, Oct 20, Nov 17

Time: 9 AM – 10:30 AM

Class Fee: \$20

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

July 2 – Aug 20 (8 weeks \$108)

Aug 27 – Oct 15 (7 weeks \$95)

Oct 22 – Dec 17 (8 weeks \$108)

TUESDAY MORNING

9 AM – 10:15 AM

July 3 – Aug 21 (8 weeks \$108)

Aug 28 – Oct 16 (8 weeks \$108)

Oct 23 – Dec 18 (8 weeks \$108)

WEDNESDAY EVENING

7:00 PM – 8:15 PM

July 11 – Aug 22 (7 weeks \$95)

Aug 29 – Oct 17 (8 weeks \$108)

Oct 24 – Dec 19 (8 weeks \$108)

THURSDAY MORNING

9 AM – 10:15 AM

July 5 – Aug 23 (8 weeks \$108)

Aug 30 – Oct 18 (8 weeks \$108)

Oct 25 – Dec 20 (8 weeks \$108)

*No class Labor Day and
Thanksgiving Week*

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  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

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for every body