



5038 E 56<sup>th</sup> ST, 257-9642

## Spring/Summer 2009 Schedule

### **SPECIAL 2-for-1 OFFER**

Sign up for a 6-week series with a friend. Both you and your friend can attend for one-half off the regular 6-week price of \$90 unlimited attendance for the series. At least one student signing up must be new to IPYC. Offer good for one new friend per person for the series.

Offer only good for the July 13, 2009 series.

Call for availability: 317-257-9642.

### **STUDENT SUMMER SPECIAL OFFER**

June through August: Full-time student discount 50% off a class series. Need to show student ID.

#### **May**

**Saturday 5/2 Delivery Date for Spring Plants** Please pick up your plant order between the hours of 10:00 am-12:00 noon.

**Friday, 5/15, 6:30 -7:30 pm Chanting** Come listen with the ear of your heart and sing with the voice of your soul! Chanting is a powerful tool for opening up the heart, and creating devotion. Let us chant to transcend the boundaries of our separateness, and open ourselves to the mystic heart of love. Love offering.

**Thursday, 5/21, 6-7:15 pm 'Pay What You Can' Yoga Class:** 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.

#### **June**

**Saturday, 6/6 Herbal Garden Tour Day 1-3 pm** Join us for a tour of Bonnie Schaller's awesome herb gardens. As we tour the grounds, Bonnie will teach us about the benefits and uses of the many herbs she grows. Please register for the class at Inner Peace Yoga Center and meet us at Bonnie's house for the tour (she lives about 10 min. from the center). Her address is 6473 Bramshaw Rd., Indpls, IN 46220. \$18.

**Friday, 6/12 Satsang 7-8:30 pm** Satsang means being in the company of like-minded people. This gathering will be a time to ask questions and share experiences about your spiritual practice. Being with your fellow yogis and yoginis will aid your progress in meditation and help give you the confidence to continue.

**Sunday, 6/14 12 noon – 1:15 pm 'Pay What You Can' Yoga Class** 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. **OVER→**

**Friday, 6/26, 6:30-7:30 pm Chanting the Sacred Link** Come listen with the ear of your heart and sing with the voice of your soul! See 5/15 for further information. Love offering.

#### **July**

**Friday, 7/10, 7-9 pm Near Death Experiences with Rev. Ralph William Spears, D.D** What is death? The wise consider their death every day, others seldom. It is estimated that one out of five people have had some close experience with a near death experience (NDE). Rev. Spears, as a clinician, worked for years with people who had near-death experiences and will share some of what he's learned with us. Join Rev. Spears and learn more about this fascinating subject as it relates to you. \$25.

**Saturday, 7/18 9-5 pm Women's Retreat at Kendall Inn** Get away from it all and share some fun time with your yoga sisters in a lovely, quiet environment. We will be doing a variety of activities over the course of the day, with an emphasis on studying how our minds work and how we form our habit patterns. A just-for-fun activity will also be included. Kendall

Inn is conveniently located on Post Rd. north of 56<sup>th</sup> St. Cost is \$125 and includes a vegetarian lunch. Please make payment by Monday July 6<sup>th</sup>.

**Sunday, 7/19, 12 noon -1:15 pm 'Pay What You Can' Yoga Class:** 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, 7/24, 6:30-7:30 pm Chanting the Sacred Link** Come listen with the ear of your heart and sing with the voice of your soul! See 5/15 for further information. Love offering.

## **August**

**Friday, 8/7 Satsang 7-8:30 pm** This gathering will be a time to ask questions and share experiences about your spiritual practice. See 6/12 for further information.

**Sunday, 8/16, 12 noon – 1:15 pm 'Pay What You Can' Yoga Class:** 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.

**Thursday 8/20, 6-8 pm Cooking with Summer Produce** In this class we will explore cooking with local summer fruits, veggie, and grains. Learn how to make your own pesto, summer vegetable medley, quinoa salad, and a fruit dessert. Stay to sample the results. \$30.

**Friday, 8/28, 6:30-7:30 pm Chanting the Sacred Link** Come listen with the ear of your heart and sing with the voice of your soul! See 5/15 for further information. Love offering.

## **UPCOMING EVENTS:**

### **FUND-RAISING DINNER**

**Saturday September 19<sup>th</sup> 6:30 pm**

**Dinner will include oodles of noodles.**

**Inspiration talk by Rev. Dr. Tom Brown, host of Harambee Radio Show**

Cost: \$75 per person or \$60 if signed up by 8/29.

### **"TURNING ON YOUR INNER LIGHT"**

***With Linda Johnsen, M.S., author of Meditation is Boring, the Complete Idiot's Guide to Hinduism, and many other books***

**Friday October 23 and Saturday October 24th**

**PREREGISTRATION IS REQUIRED 3 DAYS BEFORE THE START OF ANY ADDITIONAL CLASS.** Please send checks to Inner Peace Yoga Center, 5038 E 56<sup>th</sup> St., Indpls, IN 46226. Or stop by the center to register. Please include your name, address, phone number, and the class(es) that you are signing up for. Sorry, no refunds for missed events.