

SPECIAL EVENTS .

TO READ OUR WINTER 2010 NEWSLETTER, PLEASE GO ONLINE TO:
www.innerpeaceyoga.com/WIN2010NL.pdf

SPECIAL 2010 SERIES... "THE BODY-MIND CONNECTION"

BODY

"An Integrative Approach to Holistic Health" with Kevin Logan, M.D. Friday 2/5

"Introduction to Ayurveda" with John Peterson, M.D. Saturday 2/27

"Natural Remedies for the Layperson" Slim Miles, Herbologist date TBA

MIND

Design Your Destiny with Randall Krause, J.D., M.A., RYT 500 Friday 4/23 and Saturday 4/24

"The Chakras and Dynamic Transformations" with Allan Ajaya, Ph.D. date TBA

** PLEASE SEE WRITE-UPS BELOW AND IN THE NEXT SCHEDULE FOR DETAILS.*

All classes in this series have an asterisk before them.

January

Friday, 1/15, 7:00 -8:30 pm The Divine Mother: Return to the Goddess Today's Western religions emphasize the masculine aspect of the divine. But centuries ago, the goddess reigned supreme. This class will be a journey through living Goddess spirituality. In India, each goddess represents a different force or power. Learn about some of the 'major players' and what they symbolize. \$25.

Sunday, 1/17 12:15 PM – 1:30 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, 1/22, 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.

Sunday, 1/24, 11 am to 12 noon Spirit House An hour of interfaith inspiration with sources ranging from Sufism, Christian mysticism, Judaism, Buddhism and more; meditation and song with interfaith minister Rev. C.B. Crenshaw M.S., M.Div.W. Love offering.

February

***Friday, 2/5 7-9 pm An Integrative Approach to Holistic Health, with Kevin Logan, M.D.** Many health approaches focus on one aspect of the person. But an integrative approach addresses all aspects of our being, and how to keep them all in harmony and balance. Dr. Logan will explain the various components of this comprehensive approach, and what you can do now to feel well and stay well. \$25.

Saturday, 2/6 12 noon – 2:00 pm Ayurvedic Cooking Class Learn the basics of tasty vegetarian cooking and meal balancing and you will be able to make infinite variations on a theme. Indian spices form the flavor base for the dishes and provide balance, and nutritional value to the food. In this class we will prepare basmati rice, masoor dahl (beans), greens with beets, and raita (a yogurt-based salad). Stay to sample the results. \$25.

Sunday, 2/7 11-12 noon Spirit House An hour of interfaith inspiration with Rev. C.B. Crenshaw. See 1/24 write-up. Love offering.

Friday, 2/12 Satsang 6:30-8:00 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. No charge.

CLASSICAL DANCE OF SOUTH INDIA

Featuring: Jaan Freeman

Saturday February 20, 6:30 – 8:00 PM

Join us for an evening of Indian dance with Jaan Freeman who will present the highly elegant and sophisticated dance repertoire of the T. Balasaraswati lineage Bharata Natyam. This is the most popular of all classical Indian dance forms. It began in the Hindu temples as an offering to the temple deity and is traditionally performed by a solo dancer. It includes complex foot work, hand gestures, facial expressions, and unique body positions to express mood and poetic theme. Jaan Freeman is a disciple of Nandini Ramani and Priyamvada Sankar.

Cost: \$20 per person or \$15 if signed up by 2/13.

Sunday, 2/21 12:15 – 1:30 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, 2/26, 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 1/22 for further information. Love offering

***Saturday, 2/27, 1:30-3:30 pm Introduction to Ayurveda, with John Peterson, M.D.** Discover what your constitutional type is and how to take care of yourself using diet, exercise, oil massage, and other methods designed to meet your individual needs. This class is a requirement for having an appointment with Dr. Peterson on this day. There will be limited space for appointments, so be sure to sign up early. Cost of class is \$25 (\$15 for those doing consultations). Consultation fee is \$250 for initial consultation and \$190 for follow-up visits.

Sunday, 2/28 11-12 noon Spirit House An hour of interfaith inspiration with Rev. C.B. Crenshaw. See 1/24 write-up. Love offering.

March

YOGATHON Saturday 3/6, 8:30 am to 5:00 pm

Join us for our third annual Yogathon—a whole day devoted just to yoga. Stretch to your heart's content and help raise money for IPYC at the same time. Look for a Yogathon Schedule as the event gets closer. It will include all kinds of yoga sessions, breathing and relaxation, meditation, and chanting. Free snacks and drinks will be available to replenish yourself during the day. A portion of the proceeds will go to our scholarship fund. \$25.



Sunday 3/14, 11-12 noon Spirit House An hour of interfaith inspiration with Rev. C.B. Crenshaw. See 1/24 write-up. Love offering.

Friday, 3/19, 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 1/22 for further information. Love offering.

Sunday, 3/21 12:15 – 1:30 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.

April

Friday, 4/9 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. No charge

Friday, 4/23, 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 2/26 for further information. Love offering.

*** Design Your Destiny:**
A retreat in the wisdom and practices of the Himalayan Yoga Meditation Tradition
with Randall Krause J.D., M.A., RYT 500
Friday 4/23, 7:30-9:30 pm and Saturday -4/24, 1-5 pm

Himalayan Master Swami Rama said "You are the architect of your life and you design your destiny."

Working from the Yoga Sutras, Katha Upanishad, and other sources, we will plot your present trajectory and take the first step to align your destiny with your highest aspirations.

What you'll learn:

Friday, 4/23:

- *What is destiny and how it is created
- *Everything you wanted to know about karma
- *Habits and habit change

Saturday, 4/24:

- *Factors that affect destiny
- *How to design your life consciously: What have been the effects of habits, karma, and beliefs on your life and how can you change this to modify your destiny?
- *Keys to behavior change and emotions: Taking the first steps to put your plan into action

Randall Krause has been a student of the Himalayan Yoga Meditation Tradition for 21 years, a lawyer, and certified life coach. He is a Director of the Himalayan Yoga Meditation society of Los Angeles, and has taught yoga in Europe, Asia, and the USA. He coaches individuals in the design of their destiny.

Cost: Fri. \$50 / Sat. \$85 / \$125 for both is signed up by Sat 4/17

Sunday, 4/25 11 am -12 noon Spirit House An hour of interfaith inspiration with Rev. C.B. Crenshaw. See 1/24 write-up. Love offering.

Sunday, 4/25 12:15 – 1:30 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.



PREREGISTRATION IS REQUIRED 3 DAYS BEFORE THE START OF ANY ADDITIONAL CLASS. Please send checks to Inner Peace Yoga Center, 5038 E 56th 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.