



5038 E 56th ST, 257-9642  
Winter 2011 Schedule

## JANUARY

**Saturday, 1/1** Free Group Meditation 10-11 am Let's welcome in the New Year with inner peace.

**Friday, 1/7, 2/4, 3/4, and 4/8 6:30-8:00 pm Study Group** Join us for discussion on *The Yoga Sutras of Patanjali*, the foundation text on yoga. No previous experience in yoga philosophy is needed – just a desire to learn. Cost: \$20 for the 4-week series. Single sessions not available. We will be using *How to Know God*, which is available at the center. You may also use another translation.

**Saturday, 1/8, 2-4 pm Cameroon, Africa Slide Show** If you are curious to know what Charles' experience was like in Cameroon, please join us for a show of his slides and video clips. It is quite fascinating! No charge.

**Sundays, 1/9, 1/23, and 1/30 12:15 PM – 1:30 pm 'Pay What You Can' Yoga Class** These all levels classes are 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.

**Sundays 1/9 and 1/23, 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.

**Thursdays, 1/13, 1/20, 1/27, and 2/3 6-7:30 pm Pranayama Series** Here's your golden opportunity to glean pointers on using the breath for self-mastery. Charles will cover the little-considered basics of pranayama (the science of breath) from bandhas (locks) and mudras (seals) to ways to progress in your practice of meditation, asana, and improvement of physical and mental health. \$80 for the series (single sessions not available).

**Thursday, 1/13, 6-7:30 pm Introduction to Ayurveda** Discover what the basics of Aurveda can do for you. Glean pointers on how to take care of yourself using diet, exercise, and other methods designed to meet your individual needs. This class is a prerequisite for having an appointment with Dr. Peterson on Sat. 1/22. \$25 for the class (\$15 for those having a consultation on Sat.).

**Saturday, 1/15 Deposit due for 3/18 Yoga Retreat at Oakwood Retreat Center** See 3/18 for further information.

**Sunday, 1/16, 2:30-4:00 pm Yoga for You with Connie and Melissa** Relaxation and supported poses will be used to refresh the body and the mind. Quiet music soothes the spirit. Melissa and Connie will work together to provide a class that will leave you feeling renewed. Also learn self facial and foot massage techniques you can use at home. Show yourself some love and pamper yourself with this class. Everyone is welcome but class size is limited. Sign up today. \$15

### AYURVEDIC CONSULTATIONS WITH JOHN PETERSON, M.D.

**Sat. 1/22** Dr. Peterson has vast experience using the Ayurvedic approach to health and wellness. In your individual consultation, he will read your pulse to determine your constitutional type and give you specific health recommendations. His assistant will then go over his suggestions with you. His approach includes diet, herbs, special teas, exercise, oil massage, music, and lifestyle changes—all geared to your individual constitution and needs. If you are new to Ayurveda, attendance at the Thurs. 1/13 lecture is mandatory. Space is limited so sign up early. \$250 new patients and \$150 follow-up appointments (may be covered by your insurance policy).

**Sunday 1/23 Restorative Yoga with Dave and Dave 2:30-4 pm** Please join this special class with yoga teacher Dave Studley and integrative body worker Dave Graf. This dynamic duo is pairing up to give you a wonderful opportunity to relax and fine tune your body in poses. Dave S. will lead you into gentle supported poses on the floor, like twists and bends. While you hold and breathe for 5 min., Dave G. will come around and help you release further using myofascial release, light Thai massage, etc. Please bring a minimum of three pillows and a blanket and arrive at 2:15 to set up. Space is limited so register early. Cost: \$15.

**Friday, 1/28, 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.

**Saturday 1/29, 2-4:45 pm and Sunday 1/30, 9-12 noon Continuing Meditation** Useful for those who want to keep progressing in meditation. Deepen your practice by refining the basic techniques and progressing to a subtler understanding of meditation. Longer periods of sitting, the psychology of the chakras and additional yoga philosophy/psychology will be included. \$105. Previous attendees may attend free.

## FEBRUARY

**Saturday, 2/5 12:30-5 pm Women's Mini Retreat** Join Carol for another mini retreat at IPYC. We got so involved in the fall retreat that we never got to the special project. This retreat will be devoted to delving into who we were, are, and will become and expressing it in a collage. We will start with a vegetarian pitch-in lunch so please bring a dish to share as well as scissors and glue. Pay what you can between \$50 and \$75.

**Sundays, 2/6, 2/20, and 2/27 12:15 PM – 1:30 pm 'Pay What You Can' Yoga Class** See 1/9 write-up.

**Sunday 2/6 Restorative Yoga with Dave and Dave 2:30-4 pm** Please see 1/23 for write-up and plan to arrive at 2:15 with your pillows and blanket to set up. \$15.

**Friday 2/11 Movie Night: Jesus in India 6:30-8:30 pm** Join us for yummy snacks, a stimulating film, and a discussion. This film is about a man ousted from his church for asking too many questions. It covers a variety of opinions about whether or not Jesus lived in India. Some unknown discoveries are presented in the movie, which includes appearances by H.H. Dalai Lama, Professor Elaine Pagels, and many others. \$10.

**Sundays 2/13 and 2/27, 11-12 noon Spirit House** An hour of interfaith inspiration with Rev. C.B. Crenshaw. See 1/9 write-up. Love offering.

## **SCIENCE MEETS YOGA & SPIRITUALITY**

***A Special Seminar with David Jacobs, Ph.D.***

**Friday 2/25 and Saturday 2/26**

Science and spirituality are not really in totally separate compartments, there is a harmony between them. Thus, Western science can be utilized to enhance our understanding of Eastern yoga science. Join us for an exciting two days to learn what insights that western science can yield to broaden our perspective on what's happening when we practice yoga and meditation.

**Friday, 2/25, 7-9 pm Yoga and Science** This introductory session will lay the foundation for scientifically understanding what's happening when we practice asana, breathing, and mantra. Physiological effects of postures will be included as well as an explanation of how energy enters and leaves the body in relation to diet, breath, sleep, activity, the senses, and stress. Dr. Jacobs will also cover the physiology of breathing and the relationship between the breath, the mind, and the body in stress reduction and health.

**Saturday, 2/26, 1-5 pm Attaining Deeper States of Consciousness** This session will be a combination of theory and practice. The Mandukya Upanishad discusses 4 states of consciousness: waking, dreaming, dreamless deep sleep and a mysterious all encompassing fourth state called Turiya. In this session Dr. Jacobs will focus on the dream state of consciousness. He has been a "lucid" dreamer since he was a young child. In a "lucid" dream the dreamer can control various aspects of the dream while still dreaming because their waking and dreaming consciousness are brought together. Because this perspective helps deepen the understanding of the flow of consciousness in the body and mind, both yogic and Tibetan traditions have trained their students in this level of dream control. Utilizing a combination of scriptural knowledge, scientific research and practical experience Dr. Jacobs will lead participants to a deeper understanding of the dream state of consciousness.

**David Jacobs** has both taught Medical School / conducted molecular biological research and authored over 50 peer reviewed publications. Initiator and course director for one of the earliest courses in complimentary medicine to be part of a U.S. medical school curricula, Dr Jacob's daily application of classical biological science and his study and practice of yoga science has led him to a deeper understanding of the profound harmony between these two fields. He has presented different aspects of the harmonious flow between yoga and western science on radio, newspapers, and TV.

**Cost:** \$50 Friday / \$85 Saturday/ \$125 for both if paid by Sat. 2/19.

**Sunday, 2/27 Yoga for You with Connie and Melissa** See 1/16 write-up. Everyone is welcome but class size is limited. Sign up today. \$15

## **MARCH**

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

Join us for our 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. Get a free IPYC tote bag if you sign up by Saturday, 2/19. A portion of the proceeds will go to our scholarship fund. \$25.

**Sundays 3/6, 11-12 noon Spirit House** An hour of interfaith inspiration with Rev. C.B. Crenshaw. See 1/24 write-up. Love offering.

**Sunday 3/6 Restorative Yoga with Dave and Dave 2:30-4 pm** Please see 1/23 for write-up and plan to arrive at 2:15 with your pillows and blanket to set up. \$15.

**Sundays, 3/6, 3/20, and 3/27 12:15 – 1:30 pm 'Pay What You Can' Yoga Classes** See 1/9 write-up.

**Monday, 3/14 Spring Plant Sale Begins** Now's the time to order plants for Mother's Day and/or your spring/summer garden. Beautiful hanging planters and geraniums will be included. Orders and payment will be due by 3/26. Delivery date is Saturday 4/30, 10:00 am-12:00 noon.

**Saturday 3/12 12-2 pm Winter Cookery** Learn how to make some warming foods, including a quick soup, and a quick rice- bean-and veggie dish (kichari). You will also learn how to make yogurt and sprouts (a nice fresh addition to the winter diet). Stay to sample the results. \$25.

**Friday, 3/25, 6:30-7:30 pm Chanting the Sacred Link** See 1/28 for further information. Love offering.

## WEEKEND RETREAT AT OAKWOOD RETREAT CENTER

Friday 3/11-Sunday 3/13

One of the best ways to deepen your yoga and meditation practice is to separate yourself from your daily life and devote special time to practice. Spending time away is also very rejuvenating and allows you to see things from a different perspective. The retreat will be held in a quiet environment in Muncie, with lots of fields and meadows to walk through. Sessions will include: yoga, relaxation, pranayama, meditation, and a fun special event. Price includes three vegetarian meals a day, room and board, and all classes. Cost is \$300. **Your deposit of \$150 will be needed by Saturday 1/15.** Sorry, no refunds or credits for this event.

### APRIL

**Sunday 4/10 Restorative Yoga with Dave and Dave 2:30-4 pm** Please see 1/23 for write-up and plan to arrive at 2:15 with your pillows and blanket to set up. \$15.

**Sundays, 4/10 and 4/17 12:15 PM – 1:30 pm 'Pay What You Can' Yoga Class** See 1/9 write-up.

**Saturday, 4/16 Time TBA Veggie Gardening 101 with Kevin Logan, M.D.** We're sure you know that Dr. Logan has a passion for holistic medicine, but did you know about his passion for gardening? This class joins the two – adding home-grown food to our repertoire of good health skills. This hands-on class will take place at his house. It will include lots of pointers on vegetable gardening, gleaned from his own experience and from all the farmers he talks to at farmer's markets. \$25.

**Sunday 4/17, 11-12 noon Spirit House** An hour of interfaith inspiration with Rev. C.B. Crenshaw. See 1/9 write-up. Love offering.

**Friday, 4/22, 6:30-7:30 pm Chanting the Sacred** See 1/28 for further information. Love offering.

**Saturday, 4/30, 2-3:30 pm Let's Eat Local** Join Melissa and Carol to learn the benefits of eating prana-rich local foods. Melissa will talk about sources of local foods and the value of Community Supported Agriculture (CSAs). She will also give you helpful tips on how to store food that you can't use right away. Carol will give you ideas on what to make with all your fresh food. Did you know that you can cook lettuce and other salad greens? \$25.

**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.**