

# Special Events

To read our spring-summer 2010 newsletter, please go online to: [ipyc.org/SPR2010NL.pdf](http://ipyc.org/SPR2010NL.pdf)

**SUMMERTIME SPECIAL: WE WILL BE OFFERING 2-3 PAY WHAT YOU CAN CLASSES/MONTH ON SUNDAYS THIS SUMMER.**

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## ADDITIONAL CLASSES

### **COMING THIS SUMMER-FALL IN OUR SPECIAL 2010 SERIES... "THE BODY-MIND CONNECTION"**

#### **BODY**

"Natural Remedies for the Layperson" Slim Miles, Herbologist Friday 10/29 and Saturday 10/30

#### **MIND**

"The Chakras and Dynamic Transformations" with Allan Ajaya, Ph.D. Friday 6/18 and Saturday 6/19

*\* PLEASE SEE WRITE-UPS BELOW AND IN THE NEXT SCHEDULE FOR DETAILS.  
All classes in this series have an asterisk before them.*

#### **May**

**Sundays, 5/2 and 5/16, 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.

**Sundays, 5/2 (all levels), 5/16 (all levels), 5/23 (intermediate level), 12:15 – 1:30 pm 'Pay What You Can' Yoga Classes** These 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. ***This summer we will be offering additional classes.***

**Friday, 5/28, 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.

#### **June**

**Sundays, 6/6 and 6/13 (all levels), 12:15 – 1:30 pm 'Pay What You Can' Yoga Classes** These 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, 6/13 and 6/27, 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.

#### **\*THE CHAKRAS AND DYNAMIC TRANSFORMATIONS with Allan Ajaya, Ph.D. Friday 6/18, 7-9 pm and Saturday 6/19, 1-5 pm**

Learn to transcend the fundamental polarities of life, where we experience melodramas, suffering, distress and physical symptoms. Each session will include theory and practicum.

**Friday:** Overview and resolving trauma

**Saturday:** \*Beyond addiction and power struggles \*Opening the heart \*From scarcity to abundance \*Experiential inquiry

Friday \$50 / Saturday \$85 / Both \$125 if signed up by 6/11.



*A caring psychotherapist and mentor, Dr. Ajaya is an innovator in the practice of enhancing western psychology with eastern spiritual practice. As Swami Ajaya, he spent years in India studying and teaching yoga and meditation. He received his PhD from the University of California at Berkeley and was a post-doctoral fellow at the University of Wisconsin, Department of Psychiatry. Dr. Ajaya authored, co-authored, compiled, and edited several landmark texts that integrate Eastern and Western approaches to healing the whole person. These include Yoga and Psychotherapy: The Evolution of Consciousness, Yoga Psychology: A Practical Guide to Meditation, Emotion to Enlightenment, Living with the Himalayan Masters, Psychotherapy East and West: A Unifying Paradigm, and Healing the Whole Person. To learn more about Dr. Ajaya, click on his website at: <http://www.beingawareness.org/>*

**Friday, 6/25, 6:30-7:30 pm Chanting** Come listen with the ear of your heart and sing with the voice of your soul! See 5/28 for further information. Love offering.

**Friday, 6/25, 7:30-9:00 pm Satsang** 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.

### July

**Saturday, 7/10, 2-4:30 pm Herbal Garden Talk and Walk with Bonnie Schaller, herbalist** Join us for a talk on uses of herbs (both medicinal and culinary) at the center first with Carol, and then a tour of Bonnie's lovely herb gardens. Participants will receive a complementary plant for their own garden. \$20

**Sundays, 7/11 (all levels) and 7/18 (all levels), 12:15 – 1:30 pm 'Pay What You Can' Yoga Classes** These 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.

### ASANA TRAINING With Jaime Stover-Schmitt, Ed.D., C.M.A.

**TRAINING FOR TEACHERS  
OPEN CLASS FOR ALL STUDENTS**

**Friday 7/16, 7-9 pm and Saturday 7/17, 1-5 pm  
Sunday 9-12 noon**

We invite all teachers to expand their ability to teach effectively by studying with Jaime. You are sure to come away more knowledgeable than how you went into class! Each class will include theory and practice, giving you time to use what you learn and see how it works. Jaime has an amazing background in body work, movement, and all aspects of yoga science and philosophy; we will leave time for you to ask her your specific questions and tap into her expertise. Students at all levels are invited to advance their practice by coming to her Sunday morning class. Class topics TBA.

*Dr. Schmitt is the founder and director of Spanda, a yoga therapy education program that grew out of her private yoga movement therapy practice of many years. Dr. Schmitt is also a faculty member of the Himalayan Institute, a teacher at the Kripalu Center, and a past contributor to Yoga International Magazine. She is the author of Every Woman's Yoga.*

Cost: \$50 for Friday / \$85 for Saturday / \$65 for Sunday / \$125 for Fri. & Sat. or \$190 for all three if signed up by 7/5.

**Sunday, 7/25, 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. The 7/25 session will focus on celebrating Guru Purnima, a holiday which gives recognition to our inner and outer spiritual teacher. Love offering.

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

### THE EVENT OF THE YEAR!

**Fund-raising Dinner at Indianapolis Sailing Club**

**Saturday July 31, 6:30 pm**

You are cordially invited to join us for our fundraising dinner. This event will be held at the Indianapolis Sailing Club in Geist, 11325 Fall Creek Road. It will feature a special talk by Dr. John McGrew, professor and director of Clinical Psychology at IUPUI. Enjoy a mouth-watering vegetarian meal and a chance to win a free raffle prize, plus live music with Dave Graf. Outdoor dining, weather permitting.

**COST: \$75 PER PERSON (Tax-deductible donation)**

Please RSVP by 7/17.

DRESS: Snappy casual



## August

**Sundays, 8/1 and 8/22, 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.

**Sundays, 8/1 (all levels), 8/15 (all levels), 8/29 (intermediate level), 12:15 PM – 1:30 pm 'Pay What You Can' Yoga Classes** These 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.

**Friday, 8/13, 7-8:15 pm Movie Night** Join us for the delightful movie "Sita Sings the Blues" and yummy snacks. The theme is taken from the Indian classic *Ramayana* and is adapted for modern times. Three interrelated themes take place at the same time, with animation and traditional film interspersed with each other. The movie is worth seeing just for the intricate, beautiful artwork. \$10.

**Saturday, 8/14, 2-4 pm Knife Cutting Skills Class** Learn how to use a knife properly and cut fruits and vegetables into all sorts of sizes and shapes. Different cuts can totally change the character of the food – come find out how. This is a hands-on class so participants can get practice with various cutting styles. Please bring your own cutting board and knife if possible. We will do some cooking in the class with what we cut up. \$25.

**Friday, 8/27, 6:30-7:30 pm Chanting** Come listen with the ear of your heart and sing with the voice of your soul! See 5/28 for further information. Love offering

**Friday, 8/27, 7:30-9:00 pm Satsang** 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.



**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.