



BAPTISTE POWER YOGA INDIANAPOLIS

SUMMER 2022 CLASS SCHEDULE

MONDAY	6:15am	(45 mins)	Power Express	S/L	Kim
	9:30am	(60 mins)	Power 60	S/L	Cindi
	12:00pm	(45 mins)	Align & Flow	S	Michelle
	4:45pm	(45 mins)	Power Express	S/L	Michelle
	6:00pm	(60 mins)	Yoga + HIIT YOD	S/L	Cindi
	7:15pm	(45 mins)	Yin Meditation	S/L	Marlin
TUESDAY	8:30am	(45 mins)	Power Play	S/L	Courtney
	9:30am	(60 mins)	BarreFusion	S	Susan
	4:30pm	(60 mins)	Yin	S/L	Carolyn
	6:00pm	(60 mins)	Power 60	S/L	Sarah
WEDNESDAY	9:30am	(60 mins)	Power Yoga Sculpt	S/L	Kim
	12:00pm	(45 mins)	Power Express	S/L	Denise
	4:45pm	(45 mins)	BarreFusion	S	Susan
	6:00pm	(60 mins)	Vinyasa Beats	S/L	Denise
	7:15pm	(45 mins)	Relax & Recover	S/L	Carolyn
THURSDAY	8:30am	(75 mins)	Power Up / Power Down	S/L	Cindi
	3:30pm	(45 mins)	Chair Yoga	S/L	Christy
	4:30pm	(45 mins)	Yin	S/L	Christy
	6:00pm	(60 mins)	Power Yoga Sculpt	S/L	Macy
FRIDAY	6:15am	(45 mins)	Power Express	S/L	Greg
	9:30am	(60 mins)	YOD Yoga + HIIT	S/L	Gretchen
	5:30pm	(60 mins)	Vinyasa Beats	S	Cindi
SATURDAY	9:am	(75 mins)	Power 75	S/L	Cindi
	11:00am	(60 mins)	Align & Flow	S	Carolyn
SUNDAY	9:30am	(60 mins)	Sunday Service	S/L	Nancy

* Check our website for the series and class details | S: In studio | L: Livestream via Zoom

TREES OF SUMMER

Take your yoga with you this summer - tag or text us a photo of your tree pose and be entered to win 30 days of yoga for yourself or a friend.

SUNDAY SLOWDOWN: YOGA NIDRA

Sunday, June 5th @ 7pm

Sunday, June 12th @ 7pm

Yoga nidra is the practice and art of yogic sleep. In this class, you will be guided through a detailed sleep meditation that will allow your mind and body to slip into a deep state of relaxation. The brain will switch from beta to alpha waves, signaling the transition from activity to meditation. Receive deep rest and restoration in this extremely healing practice that is done entirely lying down. You will leave feeling relaxed and refreshed!

SUMMER SOLSTICE CELEBRATION

Tuesday, June 21st @ 6:00pm

Join the team at Baptiste Power Yoga Indy for a celebratory yoga class honoring the first day of Summer and International Yoga Day! BPYI instructors will lead you through sun salutations to warm up the body then guide you into a few blissful poses to rejuvenate and restore. This cleansing and detoxifying practice is designed to stoke your inner fire and ignite a total body/mind reset just in time for summer.

SUNDAY SLOWDOWN: SOUND BATH MEDITATION

Sunday, June 26th @ 4:30pm

Join us for a special night of meditative sound, breath work and guided meditation designed to align you with your intentions for the year and your life! Sarah Gardner will lead you through an evening of sound to bring positive vibrations into your life. Dress comfortably and be open to experience all the benefits this restorative and clarifying practice may bring!

"A sound bath is a deeply-immersive, full-body listening experience that intentionally uses sound to invite gentle yet powerful therapeutic and restorative processes to nurture the mind and body."

Learn more about sound baths at www.thegardnergirl.com.

