



BAPTISTE POWER YOGA INDIANAPOLIS

WINTER 2022 CLASS SCHEDULE

MONDAY	6:15am	(45 mins)	Power 45	S/L	Michelle
	9:30am	(60 mins)	Power 60	S/L	Cindi
	4:45pm	(45 mins)	Power 45	S/L	Michelle
	6:00pm	(60 mins)	Power 60	S/L	Jill
	7:15pm	(45 mins)	Yin	S/L	Marlin
TUESDAY	8:30am	(45 mins)	Vinyasa Beats	S/L	Courtney
	9:30am	(60 mins)	Slow Flow	S/L	Jordan
	4:30pm	(60 mins)	Yin	S/L	Carolyn
	6:00pm	(60 mins)	YOD Yoga + Restore	S	Cindi
WEDNESDAY	8:30am	(45 mins)	Power 45	S/L	Denise
	9:30pm	(60 mins)	Power Yoga Sculpt	S/L	Kim
	4:45pm	(45 mins)	BarreFusion	S	Susan
	6:00pm	(60 mins)	Vinyasa Beats	S	Laura
	7:15pm	(45 mins)	Relax & Recover	S	Carolyn
THURSDAY	8:30am	(75 mins)	Power Up / Power Down	S/L	Cindi
	4:30pm	(60 mins)	Slow Flow	S/L	Jordan
	6:00pm	(60 mins)	Power Yoga Sculpt	S/L	Courtney
	7:15pm	(45 mins)	FREE Yoga for Beginners	S	Lee Ann
FRIDAY	6:15am	(45 mins)	Power 45	S/L	Michelle
	8:30am	(45 mins)	BarreFusion	S	Susan
	9:30am	(60 mins)	YOD Yoga + Restore	S	Gretchen
	11:00am	(45 mins)	Gentle Power w/ Chairs	S	Cheryl
SATURDAY	9:00am	(75 mins)	Power 75	S/L	Cindi
	10:30am	(60 mins)	Gentle Morning Flow	S	Carolyn
SUNDAY	9:30am	(60 mins)	Sunday Service	S/L	Nancy
	10:45am	(75 mins)	Yin	S	Jen

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

301 E Carmel Dr. Suite F 100, Carmel, IN 46032 • 317-296-7496 • baptistepoweryogaindy.com

WE MOVED!

Please note that we have moved locations! You can find us at **301 E Carmel Dr. Suite F 100**. This location is only temporary until our new permanent space (Suite D 200 in the same plaza) is ready for move in.

If you have any trouble finding us, please text or call (317) 296-7496.

STRESS LESS, LIVE MORE WORKSHOP

February 4th, 1-4pm

Be free in 2023! This workshop will teach you about the effects of chronic stress on your mental and physical health, while giving you tools to help reduce your stress levels. Experience the freedom and improved health that comes with clearing away what doesn't serve you!

This workshop will include:

- Discussion and inquiry
- Gentle yoga
- Vision board
- Yoga nidra
- Custom journal included with registration

SOUND BATH MEDITATION

Sunday, February 19th @ 4:30pm

"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."

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!

Learn more about sound baths at <https://immersivesoundexperiences.co>