



SEPTEMBER@pranaYOGA

INSTITUTE OF YOGA AND HOLISTIC HEALTH

The Yoga Your Doctor Recommends.

260 627-YOGA (9642) | pranayogaschool.com | More Information & Register Online

BACK TO SCHOOL MEMBERSHIP SALE!

Get a Premium Membership for regular membership pricing \$85/month or Family Memberships for \$120/month (with a one year agreement).

Premium Memberships include all regular scheduled series and aerial classes, 10% off yoga therapy and massage, and 2 free passes per month for any friend you want to bring in!

SAVE THE DATE AND EARLY BIRD PRICING:

Meditation and Pranayama Training w/ Jenny Young

October 5-6

Save \$50 when registering by September 14.

Sattva Restore

October 11-13

Restorative Yoga

Certification with Vani.

Save \$50 when registering by September 15.

Breath & Bandhas

Workshop w/ Julia Haller

October 19-20

Save \$50 when registering by September 15.

Sattva Vinyasa 100 and 300

HR Sattva Embodied™

Teacher Trainings

Beginning November 2-3

Apply Now.

BEGINS
Sept 3

PranaMommas® Prenatal Yoga Series

September 3-November 5, Tuesdays 7:15-8:30pm

\$150 or FREE for Premium Members, \$20 drop-ins welcome. Our prenatal classes are for all levels and adaptable to all trimesters.

Sept 6

Full Moon Chant Circle

Friday, September 6, 7:15-8:15pm

Lets howl at the full moon as we chant, sing, move, and make music together. Bring an instrument, a friend, or maybe just your voice. If that is too much, just come and take in the beautiful sounds as you sit in meditation. \$5 recommended donation

BEGINS
Sept 8

Deepening Meditation Through Mantra

4 Week Series: September 8-29, Sundays 6-7:30pm

\$65 or FREE for Premium Members

BEGINS
Sept 12

Yoga 101

4 Week Series: September 12-October 3, Thursdays 7:15-8:45pm

Our popular beginner workshop featured in a 4 week, 1-1/2 hour format. Yoga 101 = 4 weeks of fun! \$65 or FREE for Premium Members

REGISTER BY
Sept 13

Fall Ayurveda 10 Day Cleanse

Cleanse Dates: September 20-30, register by September 13 to ensure your ayurveda consult space. Led by Dani "Vani" McGuire, Ayurveda Wellness Counselor. Come re-ignite your healthy intentions and feel the loving support of community, as you step into the most vibrant you! Investment: \$200

FEATURED EVENT

Sept 20

New Moon Chant Circle

Friday, September 20, 7:15-8:15pm

\$5 recommended donation

Sept 21-22

Developing a Home Practice w/ Linda Krebs

Weekend Workshop: Saturday & Sunday, September 21-22, 9:15am-5:15pm

Investment: \$375

Sept 22

Global Mala Peace Project

Sunday, September 22, 4-5:45pm

Dani "Vani" McGuire will lead you in a 90 minute practice of 108 sun salutations for peace followed by a community satsang. \$10 minimum donation

FEATURED EVENT

IAYT YOGA THERAPY TEACHER TRAINING

Now enrolling and taking applications for IAYT Yoga Therapy Teacher Training. Send teaching resume to admissions@pranayogainstitute.com. Begins September 14.