



Evolutions @ Yoga. llc

April 2009

## Spring into Evolutions, New Classes & Events

### **New! April & May Referral Rewards**

During April & May receive a one hour private yoga session w/ Jenni!

- Its easy, 1. Refer someone to Evolutions to check out one of our classes
2. If they purchase either a 10 class pass or sign up for the Auto-renewal Program & have listed you as their referral, YOU get a 1 hour free private instruction w/ Jenni (\$40 value)

### Lots of Chances to Experience Evolutions

#### **This Saturday! April 4th: Start Where You Are Beginning Yoga**

2-4pm

Calling all Yoga newbies! Have fun this Saturday as we learn the foundations of yoga. This special class is open to all levels of stamina and strength.

All are welcome to attend

\*This is a Donation based event  
Suggested Donation for this type of class \$15-20

#### **April 10th: Free Yoga Night**

7-8:30pm

Focusing on Low Back Pain Relief; Neti Pot Demonstration for Allergy & Headache Relief

#### **April 24th: It's Back!! Learn the Didgeridoo: Fundamentals of Playing**

7-9pm w/ Adam Riviere

Reserve your spot early \$15; \$20 day of class

#### **April 25th: Alignment, Find Your Best Expression of the Pose**



### **Blessed Thanks!**

If you've been in studio this week you have seen some pretty big changes to the Evolutions landscape. Thanks to all who have offered such kind words to the new art work.

Ross & I would like to take a moment to send a special thank you to Betsy Alt for her generous donation of blocks, straps, books, and more to the studio. They are much appreciated and we feel blessed for such a generous donation. Blessed be.

Also, we have some really great classes and events coming up over the next 2 months so make sure to check out the flyers around the studio or check the events page on our website often for updates.

Another special thank you goes out to Sakshi, Daniel, Gabe, and Pablo for an amazing evening of devotional kirtan on Sunday! Not only were we blessed with their kirtan style, but got a special acoustic performance of 2 tracks from their album The Voyage. Bom Bom Bole Baba Nama Shivaya!

Peace & Namaste.  
jenni

2-5pm \*a team of teachers will be on hand to assist you!

Think your poses look silly or have questions about your poses? This is your chance to ask! This class is offered as a gift to our yoga community to receive personalized help in yoga's most common poses. All levels welcome

\*This is a Donation based event  
Suggested Donation for this type of class \$35

### **Sneak Peak for May May 29th: Arjun Baba & Jason Kalidas play Evolutions!**

w/ Special Guest Opening by Baraka

These guys are finishing up a 6 country tour in Europe and are gearing up to start their US Kirtan Tour. We are blessed to welcome them to Evolutions & bring back Baraka to rock the house in an all out Maha Kirtan event. (by the way... that Sanskrit stuff means BIG)

**Tickets for this event are \$18 in advance**

\*\*Space is limited for this event, buy your tickets **early**. Due to the nature of this event and management of space, we are sorry but cannot issue refunds for this event.

**More Events Available on our Website: [Click Here](#)**

PS. DON'T miss the Maha Kirtan (that means big!) on May 29th!

### **IMPORTANT Class Updates:**

The following classes will NOT be held:

#### **Friday April 3rd: Stress Release**

\*\*Ross's Top 100 Student of IUPUI Awards Dinner is this night, so no class!

#### **Monday April 6th: AM Yoga Basics**

\*\*This class is canceled for today, we will resume the following Monday. Stay Tuned, exciting changes coming to this class agenda for summer!

### **Links to More Stuff**

[Schedule](#)

[Events](#)

[Facebook](#)

[Twitter](#)

## **About Us**

Here at Evolutions our Mission is to: Serve People. We offer a number of free and donation based events throughout the year to bring community together as an expression of our Bhakti Yoga practice. It is our deepest desire that these practices are open to all who wish to attend and should not be hindered by an inability to pay the full price for an event.

As a service to our community we invite you to come to these events with an open heart and give as much or as little as you can to support our work. When you donate to Evolutions, your support goes right back into the business and is used to further the work we are doing and also becomes part of your own Bhakti Yoga practice. Peace & Namaste.

**Evolutions@Yoga.LLC**  
2801 Fairview Place Suite I  
Greenwood, Indiana 46142  
317-881-YOGA (9642)  
evolutionsyoga@gmail.com



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Evolutions@Yoga.LLC | 2801 Fairview Place Suite I | Greenwood | IN | 46142