



Live Your Bhakti. Serve People

April 2009

## Next Saturday @ Evolutions: Alignment Workshop

**Find Your Best Expression of the Pose**  
**April 25th 2-5pm**

**Hosted by a team of teachers!!**  
**Donation Based**

Always been curious about whether you are doing a posture "right"? Think blocks & props are only for beginners or gentle yoga? Get all these questions & more answered with this hands on approach to Alignment: Finding Your Best Expression of the Pose.



Not sure what to expect from a Yoga Workshop? In this workshop, you will be doing yoga poses one by one as we talk about all the mechanics that make good alignment. You will receive personalized feedback and adjustments from the team of teachers we will have on hand. Bring your mat, some water, and an open heart as we spend the afternoon going over ways to make your practice the best it can be, and how to make your postures fit your body... instead of molding your body to fit the posture. You'll be amazed at how a few simple adjustments can make the world of difference in your practice!!

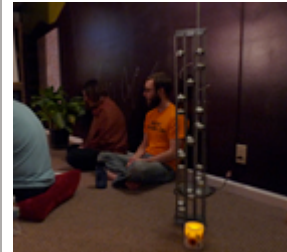
This workshop is open to all levels of practitioners. Bring yourself, a friend, or someone new to yoga. All are welcome to join us

**\*\*\*To Register: Please send us an email at [evolutionsyoga@gmail.com](mailto:evolutionsyoga@gmail.com) or sign up at the desk!**

**Walk-ins welcome based on space available day of class**

**Other Upcoming [Events @ Evolutions:](#)**

**Friday April 24th Learn Didgeridoo w/Adam 7-9pm**



**Krishna Das in Town!!**

**Thursday April 23rd**

This is a rare opportunity to see a Kirtan master, right here in Indy!! This night will be an amazing night of community and love. Kirtan brings the yoga community together like no other of the yogic practices can do. It is meant to touch the heart center and open you up to love and your own inner path.

Kick off two months of Kirtan greats in Indy, first Krishna Das .... then **Arjun Baba, Jason Kalidas, and Baraka rock Evolutions next month!!!**

We are stoked to be able to continue the Kirtan momentum in Indy by bringing these great musicians right here to Greenwood on **May 29th**.

For more info on Krishna Das:  
[www.krishnadas.com](http://www.krishnadas.com)  
\*tickets available at cityyoga.biz

For more info on Arjun Baba & Jason Kalidas:  
[www.evolutionsyoga.com](http://www.evolutionsyoga.com)

**Special Note:**

To allow for all teachers & staff of Evolutions to go and experience

**1 Saturday left until June for Storytime Yoga!!**  
[click here for pics of the fun!](#)

## About Donating to Evolutions

At Evolutions our mission is to Serve People. As part of our Bhakti Yoga practice, we offer free and donation based events throughout the year as a service to our community. Your Donations at these events are a vital part of the financial support that goes into planning, marketing, and providing teachers for these events. The Donations collected at these events go right back into the business and are used to further our work in the community and to support your teachers of this science of yoga. Blessed be.

Peace & Namaste.

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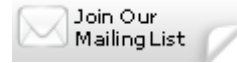


Krishna Das, Jill has graciously offered to teach both classes next Thursday, April 23rd.

Also, If you will be going to see Krishna Das with us, please let us know so we can be on the lookout for you at the event, and possibly connect for some carpooling opportunities!

Blessed be.

[Kirtan Rocks Photo Gallery](#)



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