

## Bodily Mind – Mar 2016 Programs

Bodily Mind is a community to promote a healthy lifestyle. As all of us are aware, body and mind co-exist throughout our entire lives. We strongly believe that a healthy mind can be achieved when it is housed in a healthy body. Unlike a big group session, we limit the number of participants per class, so that the teacher can individually tailor the asana to avoid the injuries. Come join us and explore your potential.

### ■ Regular Classes - Yoga (by Mr. Chethan)

This is an unmatched and effective yoga class such as you have never experienced. This class will be taught by Chethan, who follows B.K.S. Iyengar practicing method of yoga. Focused on alignment, Chethan uses props and supports to correct one's form to deliver the fullest benefits from each asana without injuries.

#### Class Schedule:

Every M, W, F from Mar 7th to 30st  
11:00am – Noon (60 mins)

#### Course Fee:

Single class – Rs. 900 (Rs. 800 for those who registered before the deadline)  
A set of 4 Classes – Rs. 2,800 (those who wish to take more classes can do so for Rs. 700/class)  
A set of 8 Classes – Rs. 5,200 (those who wish to take more classes can do so for Rs. 650/class)

#### Deadline:

Mar 1, 2016

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## Registration

Check the availability [here](#), and send an email to [bodilymind@gmail.com](mailto:bodilymind@gmail.com) along with the following information:

- 1) First Name, Last Name
- 2) Course you wish to take
- 3) Dates you wish to participate
- 4) If introduced by your friend, let us know your friend's name
- 5) Others (comments, etc)

#### NOTE:

- All classes are reservation based. We stick to the "First come, first served" rule. Register as soon as possible to be able to sign up for your desired dates.
- The course fee will be collected on the first day of your class.
- There will be no refund for paid classes. However, you are eligible to take a class on an alternative day (in the same month) if the cancellation was made more than 3 hrs before the class time.
- Cancellation within 3 hrs will not be eligible for an alternative class.

## Other NOTES

- Bodily Mind is a non-discriminatory unisex community.
- There are classes one after another. Kindly gather your belongings and leave the room immediately after the class.
- Bangalore traffic may make it difficult to be on time sometimes, but try to reach at our facility 5 minutes before the class.
- If you are taking yoga, make sure you finish your meal at least 2 hours in advance. You may drink water, tea, or coffee before yoga, but please make sure your bladder is empty prior to the class.
- You need to bring the following: water, towel, and yoga mat
  - water
  - towel
  - yoga mat

- Wear movement-friendly clothes. For yoga, your ankles need to be visible and the direction of knees need to be detectable. Avoid tops which are oversized (and will drop down over your face when you go upside down). Avoid wearing rings or necklaces as much as possible.
- Follow the instructors carefully during the class to avoid any injuries. If you start to get dizzy, immediately notify your instructor.
- Avoid yoga during heavy menstruation.
- Each class has a limited capacity. We stick to the “First come, first served” rule. Register as soon as possible to be able to sign up for your desired dates.
- Each class also has a requirement for minimum number of participants. If, for any reason, we don’t have enough people for a particular date, we may cancel the class (we will refund your money in such cases).
- All the courses require pre-registration. Specify the dates you are participating when you sign-up.
- The times given in the program are subject to change.
- No photography is permitted in the facilities (if you wish to take pictures during the class, let us know and we will take them for you).