

Bodily Mind – October Programs

Bodily Mind is a community to promote 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. Come join us in October and explore your potential.

We are offering two courses in October:

1. NeutralWork & Basic Asanas (by Mr. Yohei Yamashita)

A class specifically programmed for those who are not familiar with a “right” standing posture or how to engage certain muscles. The class is ideal for those who have neck, shoulder, back, and/or hip issues as well. Mr. Yamashita is an acupuncturist and shiatsu massage therapist with deep knowledge of Chinese and Japanese traditional medicine. He is also a practitioner of taichi, yoga, and kinesitherapy. He will fix your posture and introduce various exercises including some yoga asanas to reduce the adhesions throughout your body and to reduce the pain around neck, shoulder, back, and/or hip. This class is also recommended for those who lack flexibility.

Course Schedule:

Every M, W, F from Oct 6 to Oct 31 (We are closed on Oct 22 and 24)

It is mandatory to attend at least one lecture class. Lecture Classes are scheduled on Oct 6, 10, 15, and 27.

9:30am – 10:30am (60 mins)

2. Yoga (by Mr. Chethan)

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.

Course Schedule:

Every M, W, F from Oct 6 to Oct 31 (We are closed on Oct 22 and 24)

11:00am – 12:00am (60 mins)

Course Fee:

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 7 Classes – Rs. 4,700 (those who wants to take more classes can do so for Rs. 700/class)

Monthly Course (sign up for up to 10 classes) – Rs. 6,600

1 Trial – Rs. 900

NOTE: Classes paid for October sessions will have to be taken within the month of October. No refund except very special cases will be given.

How to Sign-up

Send an email to bodilymind@gmail.com along with the following information:

- 1) First Name, Last Name
- 2) Course you wish to take, if yoga, years of experience
- 3) Dates you wish to participate in Oct
- 4) If introduced by your friend, let us know your friend’s name
- 5) Others (comments, etc)

Deadline for course sign-up: Oct 17, 2014

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 mins before the class.
- If you are taking yoga, make sure you finish your meal at least 2 hrs 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
 - 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 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 the 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 your own pictures during the class, let us know and we will take them for you).