

Bodily Mind — September 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 September and explore your potential.

We are offering two courses in September:

1. NeutralWork (by Mr. Yohei Yamashita)

A class specifically programed for those who have neck, shoulder, back, and/or hip issues. 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 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 between Sept 8 to Sept 24
9:30am – 10:30am (60 mins)

Course Fee:

4 Classes – Rs. 2,800 (those who want to take more classes can do so for Rs. 700/class)
1 Trial – Rs. 900

2. ChethanYoga (by Mr. Chethan)

An unmatched and effective yoga class 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 between Sept 8 to Sept 29
11:10am – 12:10am (60 mins)

Course Fee:

6 Classes – Rs. 4,200 (those who wants to take more classes can do so for Rs. 700/class)
10 Classes – Rs. 6,500 (those who want to take more classes can do so for Rs. 700/class)
1 Trial – Rs. 900

NOTE: Classes paid for September have to be taken within September.

September Offer

- Have your friend sign up for one of the courses for the first time, and get 5% off the next month's total class fee.

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 Sep
- 4) Any other comments (issues you have, etc)

Kindly understand that we will be asking for your personal information before the class starts.

NOTES:

- Bodily Mind is a non-discriminatory unisex community.
- There are classes one after another. Kindly gather your stuff 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 particular dates, 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.