

GROUP SESSIONS

SINGLE CLASS DROP IN	\$12
STUDENT/SENIOR <i>(NO GUARANTEE OF SPACE AVAILABILITY)</i>	\$8
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5 CLASS PACK	\$40
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10 CLASS PACK	\$75
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20 CLASS PACK	\$130

YEARLY UNLIMITED GROUP SESSIONS

EXCLUDES WORKSHOPS

ANNUAL MEMBERSHIP UNLIMITED CLASSES	\$49/mo.
ONE TIME ENROLLMENT FEE <i>(12 MONTH COMMITMENT)</i>	+\$49
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ANNUAL MEMBERSHIP UNLIMITED CLASSES	\$495
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FAMILY MEMBERSHIP UNLIMITED CLASSES	\$695
<i>(2 ADULTS 3 CHILDREN MEMBER LIMIT)</i>	

PRIVATE SESSIONS

30 MINUTE SESSION	\$40
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1 HOUR PRIVATE SESSION	\$65
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1½ HOURS PRIVATE SESSION	\$90

PRIVATE SESSION PACKAGES

6 ONE HOUR SESSIONS	\$350
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12 ONE HOUR SESSIONS	\$630
<i>(PER ADDITIONAL PERSON)</i>	+\$15

SEMI PRIVATE SESSIONS

30 MINUTE SESSION FOR 2 PEOPLE	\$50
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1 HOUR SESSION FOR 2 PEOPLE	\$75
<i>(PER ADDITIONAL PERSON OVER 2)</i>	+\$5

~ PACKAGES ARE VALID AT ALL LOCATIONS

~ ALL CLASS PACKAGES ARE NON-TRANSFERABLE AND NON-REFUNDABLE

~ GIFT CERTIFICATES AVAILABLE

~ 90 DAY EXPIRATION ON ALL PACKAGES



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*mind***BODY**
institute

ENRICH AND

INSPIRE LIVES

THROUGH THE

MIND BODY SPIRIT

CONNECTION

260-420-YOGA (9642)
KachmannMindBody.com

Downtown Fort Wayne:

1301 Lafayette Street, Fort Wayne

Lutheran Hospital:

7900 West Jefferson Boulevard, Fort Wayne

YOGA STUDIO PROGRAMS

RELAX

RESTORE
RENEW

Take time for yourself to reduce stress, and bring wellness, health and balance into your life through the ancient practice of yoga.

Our yoga studio is a compassionate, non-competitive environment. Our instructors endeavor to make yoga accessible, challenging and safe for all students. Students of all ages, skill or fitness levels are welcome. Join us today in honoring your mind body and spirit!

LOCATION

The Kachmann Mind Body Institute now has two beautiful locations. The Kachmann Art Gallery, located at 1301 Lafayette St. downtown Fort Wayne is home to one of our yoga studios. Our second location is in Lutheran Hospital next to the gift store, 7900 West Jefferson Blvd.

View our up to date on-line calendar for both locations, reserve a space for class and sign up for your on-line membership. Or call 260-420-YOGA (9642)

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YOGA PROGRAMS

COMMUNITY YOGA DAY

Free yoga for the community! Open, basic yoga classes that are free to the public. Join us for refreshments, chair massage and explore the healing benefits of yoga. Take advantage of this free class to connect your mind, body & spirit.

All levels

CORE YOGA

This is a great class for those looking to sculpt their mid-section and get a great workout.

Core Yoga involves a series of postures focused on building core strength. *Beginner to intermediate levels*

PRENATAL YOGA

This class is safe way for expecting mothers to build strength, flexibility. Prenatal Yoga reduces swelling, aids in digestion, and helps mothers prepare physically for giving birth.

PRIVATE YOGA

Private yoga sessions are ideal for students looking for personal direction and guidance. Yoga instructors gently guide the student throughout alignment, meditation and hands on stretching. Whether your goal is to gain strength, rid stress or rehabilitate, this session is designed specifically for each individuals need, ability, and interest. *All levels*

SENIOR YOGA

A gentle and uplifting series of movements and breath work that helps seniors build strength, endurance, flexibility, and overall wellness.

All seniors welcome

VINYASA FLOW

This challenging flowing practice synchronizes movement and breath in a heated room. Plan to sweat away toxins, build strength, sculpt a new body, and clarify the mind. *Intermediate to advanced class*

YOGA FOR KIDS

Yoga for Kids is a fun, playful class where kids learn to focus their energy and calm their minds. Yoga for kids also builds self-esteem, focus, and concentration. *Ages 5-10*

YOGA BASICS

Appropriate for beginning students.

This class focuses on familiarizing the student with the basics of yoga. Poses are broken down with detailed instruction toward proper alignment, strength and flexibility.



HEALING PROGRAMS

CARDIAC YOGA

A complete yoga program designed specifically for the health and well-being of heart patients. This program uses a combination of yoga exercises (asanas), breath control (pranayama), sleep control (yoga nidra), and mind control (meditation). Cardiac Yoga enhances heart health, lowers blood pressure, reduces chronic stress, boosts the immune system and enhances cognitive ability.

GENTLE RESTORATIVE YOGA

All yoga postures in this class are profoundly relaxing and deeply rejuvenating. Restorative Yoga brings about relief to those with chronic back pain, hypertension, migraines, insomnia, range of motion limitations, degenerative disk and many other ailments. Come enjoy the healing effects of Restorative Yoga! *All levels*

MEDITATION/RELAXATION

Meditation reduces stress, anxiety and depression. Anyone who lives a "modern lifestyle," will benefit greatly from meditation. Our meditation techniques include walking meditation, laughing meditation, breath work visualization, chanting, mantras and guided imagery for healing and restoration. We invite you to explore the present moment and let go. *All levels*

QIGONG

Qigong is a gentle yet effective program for improving our health and energy through simple stretches and exercises, breathing and relaxation, self-acupressure and massage, visualization, and meditation. The gentle, rhythmic movements of Qigong reduce stress, build stamina, increase vitality, and enhance the immune system. It is well suited for the elderly or those recovering from an injury or illness. *All levels*

RECOVERY YOGA FOR BREAST CANCER

This safe yoga-based rehabilitation program meets survivors' needs at various stages of treatment and recovery. Techniques include therapeutic post-surgery exercises, mindful yoga sequences, restful guided relaxations, and healing breath practices. *All levels*

YOGA STUDIO POLICIES

- FOR YOUR FIRST VISIT, PLEASE ARRIVE TEN MINUTES EARLY TO COMPLETE PAPERWORK.
- AS A COURTESY FOR ALL OF OUR CLIENTS, PLEASE TURN OFF YOUR CELLULAR PHONE UPON ARRIVAL.
- DUE TO LIMITED CLASS SPACE, PLEASE CALL OR GO ON-LINE TO INSURE YOUR SPACE.
- ALL CLASSES CAN BE TAKEN IN EITHER A GROUP OR PRIVATE SESSION.
- IF CLASS IS FULL, WALK-INS MAY NOT BE ACCOMMODATED.
- IF YOU CAN NOT ATTEND CLASS AND HAVE A RESERVATION YOU MUST CANCEL RESERVATION, 24 HOURS PRIOR TO CLASS OR YOU WILL BE CHARGED FOR CLASS.
- ALL CLASSES ARE ON GOING, JOIN ANYTIME.