



Yoga without limits! Take as many classes as you like, set your own price.

WINTER 2007: January 2 - March 20

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	8:30-9:30 am Chair Yoga* Jan					
	10:30-11:30 am Yoga Basics** Megan	10:30-11:30 am Yoga Kids** Rene'	10:00-11:00 am Yoga Basics Judi			8:15-9:45 am Intermediate Sallie
	12:05-12:50 pm Lunch Break Megan					10:00-11:00 am Yoga Basics Sallie
4:15-5:15 pm Yoga Basics Sallie						
5:30-6:30 pm Yoga Basics Kevin	5:30-7:00 pm Gentle Yoga Jan	5:30-7:00 pm Intermediate Megan	5:30-6:30 pm Yoga Basics Sallie	5:30-6:30 pm Yoga Mix Jan	5:30-6:30 pm Yoga Mix Megan	5:30-6:30 pm Yoga Basics Jan
6:30-7:30 pm Breakthrough Kevin						



Schedule is subject to change. Call (573) 636-5656 or visit www.showmeyoga.com for updates.

101A W. High St., Jefferson City, MO 6501; Corner of High and Jefferson, across from the Capitol

*Chair Yoga is jointly offered with the Unitarian Universalist Fellowship of Jefferson City at 1021 Northeast Drive. **Starts January 23