




**Yoga without limits! Take as many classes as you like, set your own price.
FALL 2007: SEPTEMBER 4-DECEMBER 31***

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	8:30-9:30 am Chair Yoga*** Alberta				8:00-9:30 am Yoga Mix Sallie		
	10:30-11:30 am Yoga Basics Megan	10:30-11:30 am Yoga Kids Rene'	10:00-11:00 am Yoga Basics Judi	9:30-11:00 am Yoga Mix Megan	 <p>101 A West High St, Jefferson City, MO Corner of High & Jefferson Across from the Capitol</p>		
	12:05-12:50 pm Lunch Break Megan		12:00-1:00 pm Qigong** Jeff	12:05-12:50 pm Lunch Break Megan			
4:15-5:15 pm Yoga Basics Sallie			4:30-5:20 pm Yoga Teen Megan				
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 Megan			5:30-6:30 pm Yoga Basics Jan
6:45-7:45 pm Breakthrough Kevin			6:30-7:15 PM Meditation Colleen				

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

*No Classes Nov. 21-25, Dec. 22-26, and Dec. 31.

**Qigong classes are \$8. Please pay your instructor directly. All other classes are by donation.

***Chair Yoga is jointly offered with the Unitarian Universalist Fellowship at 1021 Northeast Drive.