



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

**SPRING 2007: March 21 - May 31**

Monday	Tuesday		Wednesday		Thursday		Friday	Saturday	Sunday
	8:30-9:30 am Chair Yoga* Jan							8:15-9:45 am Intermediate 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			10:00-11:00 am Yoga Basics Sallie	
	12:05-12:50 pm Lunch Break Megan				12:05-12:50 pm Lunch Break Jan				
4:15-5:15 pm Yoga Basics Sallie					4:30-5:20 pm YogaTeen 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 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](http://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.