

Yoga without limits! Take as many classes as you like, set your own price. SUMMER 2007: JUNE 1 - AUGUST 31



| Monday | Tuesday | | Wednesday | Thursday | | Friday | Saturday | Sunday |
|---------------------------------------|--|---------------------------------------|---------------------------------------|--|--|---------------------------------------|--|--------|
| 8:30-9:30 AM Qigong* Jeff | 8:30-9:30 am Chair Yoga** Jan | | | | | | 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 | The 40 Day Yoga Challenge: June 18-July 28 Ask for details and sign up today! | | | |
| | 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 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 Megan | 5:30-6:30 pm Yoga Basics Jan | 5:30-6:30 Meditation*** Colleen | | |
| 6:45-7:45 pm Breakthrough Kevin | | | | | | | | |

Schedule is subject to change. No Classes on July 4. Call (573) 636-5656 or visit www.showmeyoga.com for updates.

*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.

*** Relaxation & Meditation class starts June 15.

We are at 101A W. High St, at the corner of High and Jefferson, across from the Capitol. Classes may be joined at any time.