

What's New?

New Class: YogaTeen, Thursdays, 4:30-5:20 pm, Instructor: Megan Sappington. Introduced this spring, this lively class for teens and preteens was so successful that it's now an ongoing class! A YogaTeen class card is \$25 for 5 classes. The card expires 7 weeks after the date of purchase. Or pay by the class; the cost is \$7.

New Class: Yoga/Pilates, Wednesdays, 12:15-12:45 pm, Instructor: Elizabeth Callahan. Yoga/Pilates will focus on strengthening your core, developing stability, and awakening your energy powerhouse through a combination of asanas (poses) and exercises from Pilates. Cost: \$10 per class or \$8 or less per class when you purchase a class card.

New Teacher: Yoga Mix, Thursdays, 9:30-11:00 am, has a new teacher. Megan Sappington will be teaching this class, which is now 90 minutes long.

No Limits Card: Back by popular demand, the *Unlimited Class Card* allows you to take as many regularly scheduled classes as you like all summer, June 1-August 31. The cost is \$240. If you already have a card or are on autopay, you can still participate! We'll just put your other card "on hold" for the summer. The Unlimited Card cannot be used for workshops and intensives.

SMYC "Summer Camp" Fun!

Yoga for Golfers: Saturday, June 4, 7:30 to 8:45 am. Cost: \$12. Instructor: Megan Sappington. We'll focus on twisting, lengthening the hamstrings, increasing shoulder flexibility, and improving alignment, breath and balance for your best golf game yet! Beginners are welcome.

YogaTeen Intensive: Tuesday, June 7-Thursday, June 9, 1:00-4:00 pm. Cost: \$35 for 3 days; or \$15/day, space permitting. Instructor: Megan Sappington. Three days of intense yoga, meditation, and fun for teens/preteens only! Learn relaxation and mental focus, while improving self-confidence, posture, strength, stamina, and overall health.

Middle Eastern Dance (Belly Dance): Saturday, June 18, 10:30 am - 12:30 pm. Cost: \$24. Instructor: Gaylin Rich Carver. A class on the fundamental moves of belly dancing. This is a low impact dance that uses muscles in isolation. Isolating muscle groups to achieve the look of belly dancing creates an excellent workout that is also fun to do!

Ball Yoga: Thursday, June 23, 6:30-7:30 pm, Cost: \$12. Instructor: Judi Jecmen. Fun and playful, yoga with a fitball can also challenge you to try difficult poses, as well as help you build core strength and develop balance. Beginners are welcome. Bring your ball or use one of ours.

TGIF Yoga Nights: Drop by after work for socializing and yoga play time. Then bring your lawn chairs to the Capitol lawn for the Missouri River Regional Library Capitol Concert Series from 6:30-8:00 pm. It's all free! July 29: Krazy Kats, 50s; August 12: Blue Stem, bluegrass; August 26: Salaam, Middle Eastern.

Summer at Show Me Yoga Center

YogaTeen Class Continues ☯ YogaTeen 3-day Intensive ☯ Belly Dancing
Unlimited Classes Option ☯ Yoga/Pilates ☯ Yoga for Golfers ☯ Ball Yoga



Please join us in congratulating our first group of YogaTeens! They did a fabulous job of stretching and strengthening their minds and bodies. Meeting Megan's challenge, they learned handstands, sun salutations, the power of intention, and more! We feel honored to have these teens studying at Show Me Yoga Center.



101A West High Street
Jefferson City, MO 65101

www.showmeyoga.com

Show Me Yoga Center welcomes all levels of experience, fitness, strength, and flexibility. If you're new to SMYC call today to schedule a free sample class! All classes except Intermediate Yoga and YogaSculpt welcome beginners.

Class Details: We provide mats. Wear comfortable clothing that lets you move; avoid baggy clothing. Bare feet please. Changing rooms are available. For your comfort it's best not to eat a big meal before class. A small snack is OK. Please arrive early for your first class or if you need to purchase a class card.

Summer Calendar of Events


May 30, Memorial Day, No Classes
 June 1, Summer class schedule starts
 June 4, 7:30-8:45 pm, *Yoga for Golfers Intensive*
 June 7, 8, 9, 1:00-4:00 pm *YogaTeen Intensive*
 June 18 *Middle Eastern Dance (Belly Dance) Workshop*
 July 1-8, Fourth of July Break, No Classes
 June 23, 6:30-7:30 pm, *Ball Yoga Workshop*
 July 29, 5:00 pm, Free Friday Yoga/Capitol Concert 6:30-8 pm
 Aug. 12, 5:00 pm, Free Friday Yoga/Capitol Concert 6:30-8 pm
 Aug. 26, 5:00 pm, Free Friday Yoga/Capitol Concert 6:30-8 pm
 September 1, Fall Schedule starts

Instructors: Elizabeth Callahan; Jan Harcourt; Judi Jecmen; Sallie Keeney; Kevin Perry, RYT; Megan Sappington, RYT; and Jeff Tarrant.

Location: We are located at the corner of Jefferson and High Streets, directly across from the State Capitol in downtown Jefferson City. We're on the third floor.

Parking: Free parking is available after 5:00 pm and on weekends. During the day, park free for 90 minutes on High St. or use 2-hr metered spaces on Jefferson St.

Information: (573) 636-5656, smycinfo@socket.net
 www.showmeyoga.com

Show Me Yoga Center Summer 2005 Class Schedule, June 1-August 31, 2005									
Monday	Tuesday		Wednesday		Thursday	Friday	Saturday	Sunday	
	12:15-12:45 pm Power Yoga Elizabeth		9:30-11:00 am Yoga Basics Jan	12:15-12:45 pm Yoga/Pilates Elizabeth	9:30-11:00 am Yoga Mix Megan	Indicates new class or class change	8:15-9:45 am Intermediate Sallie		
			4:15-5:15 pm Yoga Basics Sallie		12:00-1:00 pm Qigong Jeff		12:00-1:00 pm Breakthrough Kevin		10:00-11:00am Yoga Basics Sallie
5:30-6:30 pm Breakthrough Kevin	5:30-6:30 pm Qigong Jeff	5:30-7:00 pm Gentle Yoga Jan	5:30-6:30 pm Yoga Mix Elizabeth	5:30-7:00 pm Intermediate Kevin	5:30-6:30 pm Yoga Basics Sallie		5:30-6:30 pm Yoga Mix Elizabeth		1:00-2:30 pm Yoga Mix Sallie
				7:00-8:00 pm Breakthrough Kevin					2:35-3:15 pm YogaSculpt* Sallie
*Yoga Sculpt requires registration and is not open for drop ins. No classes held July 1-8. Schedule subject to change. Call (573) 636-5656 or visit www.showmeyoga.com for updates.									

Class Descriptions

Yoga Basics: The place to start or to deepen your knowledge of the basics. Improve strength and flexibility and practice relaxation.

Intermediate Yoga: Continue beyond the basics. More challenging poses, including inversions, backbends, forward bends, and twists, are introduced.

Gentle Yoga: Combines slow movements, gentle yoga poses, breathing, and deep relaxation. Fewer standing poses are taught.

Yoga Mix: An invigorating class for all levels, including physically fit beginners. A variety of styles, a faster pace, and a challenge. -Vigorous

Breakthrough Training: Ready for new energy, strength, & stamina? Learn body weight routines to create quick shifts in your abilities. -Vigorous

Qigong: Ancient Chinese health care system of slow movements, breathing, and meditations that promote self-healing. Non-strenuous; can be done seated.

Power Yoga: Recharge over your lunch break with intense, playful, flowing yoga for energy and health. Get your heart pumping, your body stretching, and your energy moving! Includes two short meditations. -Vigorous

YogaTeen: A lively, fun class for teens and preteens only. Bring your own music and practice flowing yoga, breathing, and meditation.

YogaSculpt: Fast-paced yoga and body weight exercises for building core strength and body reshaping. Focuses on abs, legs, arms, and back. Permission of instructor required. Not open for drop ins. -Vigorous

NEW! Yoga/Pilates: Focus on strengthening your core, developing stability, and awakening your energy powerhouse through a combination of asanas (poses) and exercises from Pilates. -Vigorous

Class Fees

To pay by the class:

Long classes (90 minute): \$12
 Short classes (60 minutes or less): \$10
 YogaTeen: \$7

Beginner's Card: \$40 for 5 short or 4 long classes. Expires 6 weeks from purchase. One time purchase only, except for seniors and college students.

Basic Card: \$80 for 10 short or 8 long classes. Expires 10 weeks from purchase.

YogaTeen Card: \$25 for 5 teen classes. Expires 7 weeks from purchase.

NEW! Summer Unlimited Card: \$240 for unlimited classes June 1-August 31. Workshops and intensives not included.

Note: Class cards may be used for any classes and workshops. (Summer Unlimited Card may not be used for workshops.) Discount cards and automatic payment options are also available. We accept MasterCard and Visa. Class cards are not refundable or transferable. Visit www.showmeyoga.com or call (573) 636-5656 for more details.

Show Me Yoga Center is owned and operated by The Yoga Group, LLC. The Yoga Group members are Jan Harcourt, Director; Sallie Keeney, Judi Jecmen, Elizabeth Callahan, Co-Directors.