




**Invest in a healthy body, mind, and spirit with yoga.
Spring 2009, March - May**

Monday	Tuesday		Wednesday		Thursday		Friday	Saturday	Sunday	
	9:00-10:00 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			10:00-11:00 am Zumba Rene'		
	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				4:15-5:15 pm Yoga Basics Jen	
5:30-6:45 pm Yoga Mix Kevin	5:30-7:00 pm Gentle Yoga Jan	5:30-7:00 pm Intermediate Megan	5:30-6:45 pm Yoga Basics Sallie	5:30-6:15 pm Breakthrough Kevin	5:30-6:30 pm Yoga Mix Megan	5:30-6:30 pm Yoga Basics Jan			5:30-7:00 pm Restorative Yoga- Staff On third Fridays only	5:30-6:30 pm Guided Meditation Colleen
7:00-7:45 pm Breakthrough Kevin										

Schedule is subject to change. Call (573) 636-5656 or visit www.showmeyoga.com for updates.
 No classes Easter & Memorial Day weekends. 101A West High Street, Jefferson City, MO
 **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.