




**Invest in a healthy body, mind, and spirit with yoga.**  
**January 2010**

Monday	Tuesday		Wednesday		Thursday		Friday	Saturday	Sunday
	9:00-10:00 am Chair Yoga* Alberta							8:00-9:30 am Yoga Mix Sallie	
			10:00-11:00 am Yoga Basics Judi		9:30-11:00 am Yoga Mix Megan S.				
12:05-12:50 pm Lunch Break Megan D.	12:05-12:50 pm Lunch Break Megan S.		12:05-12:50 pm Lunch Break Megan D.		12:05-12:50 pm Lunch Break Megan S.				
									5:00-6:00 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 S.	5:30-6:45 pm Yoga Basics Sallie	5:30-6:15 pm Breakthrough Kevin	5:30-6:30 pm Yoga Mix Jenn	5:30-6:30 pm Yoga Basics Jan		5:30-6:15 pm T.G.I.F. Yoga Megan D.	6:15-7:00 pm Meditation Jackie
7:00-7:45 pm Breakthrough Kevin									

**Schedule is subject to change.** Call (573) 636-5656 or visit [www.showmeyoga.com](http://www.showmeyoga.com) for updates.

All classes except Chair Yoga\* are being held at our **temporary location at 1103 SW Boulevard**, Jefferson City, MO

\*Chair Yoga is jointly offered with the Unitarian Universalist Fellowship at 1021 Northeast Drive. (handicap accessible)