



Show Me Yoga Center March Events

Potluck and Spring Cleaning Party at SMYC Saturday, March 4, 11:15 am to 1:30 pm

Remember old-fashioned barn raisings, with everyone getting together and having fun while working, and then eating a community meal? Well, this is our version. Several students volunteered to come help with some spring cleaning at the yoga center. You are invited to join us and earn one yoga class for every hour you work! Please call (573) 636-5656 to let us know you're planning to come.

Fight, Flight, Freeze: The Key to Stress & Trauma Workshop with Jan Harcourt at Luna Fair

**Saturday, March 11, 2:00 to 7:30 pm
Windsor Auditorium, Stephens College, in Columbia**

This KOPN fundraiser is a celebration of Women's History Month, with art, music, and information by women. SMYC Director Jan Harcourt will present a workshop on Somatic Experiencing from 4:00-4:25 pm. Stop by Jan's "Trauma to Health" booth at the fair and register to win 2 free bodywork sessions. For more about Luna Fair visit <http://halfthesky.missouri.org>.

Yoga Flow Workshop at SMYC, with Sienna Saturday, March 18, 2:00-4:00 pm \$20 or 10 credits

Yoga flow is a choreographed series of yoga poses set to music and linked together in fluid motion. You will have an exhilarating experience of meditation through movement! BE PREPARED TO SWEAT!

Sienna teaches at alleyCat Yoga in Columbia. See www.alleycatyoga.com for more about Sienna. To register call (573) 636-5656.