

## New classes

**YogaTeen**, Thursdays, 4:30-5:20 pm, Megan Sappington. A lively class for teens and preteens only! **Free** sample class, March 31. 5-week series, April 7-May 5, \$25. Per class, \$7.

**Power Yoga**, Tuesdays, 12:15-12:45 pm, Elizabeth Callahan. Short and intense! Playful and fun. A vigorous flowing class with short meditations at beginning and end. Cost: \$10 per class or \$8 or less per class when you purchase a class card.

**Yoga Sculpt**, Sundays, 2:35-3:15 pm, Sallie Keeney. Fast-paced yoga and body weight exercises for building core strength. We'll use physio balls, partner-assisted exercises, and stretches to focus on reshaping and strengthening our bodies. By permission of instructor. Not open to drop ins. Cost: \$8 or less per class when you purchase a class card.

**Beginners Series**, Mondays, 6:30-7:45 pm, Jan Harcourt. For absolute beginners only! A gentle introduction to yoga poses, breathing, and relaxation. **Free** Sample Class on April 4. Four-week series, April 11- May 2, Cost: \$32

## Win a Spa Treatment

Refer your friends! They will thank you and we will too! For each person you refer who buys a class card we will enter your name in a drawing to win a \$50 gift certificate from Natural Connections Wellness Center and Spa. The winning name will be drawn on May 1.

## Special Events

### Meditation and Mindfulness Series:

- **Moving Meditation**, Thursday, April 7, 6:30-7:30 pm, Randy Noyes. \$10 drop in or 4 class card credits. Practice moving meditation & non-point meditation, (look at nothing, see everything). Replaces the Tai Chi class on this night.
- **Meditation for Trauma Healing**, Saturday, April 16, 10:00-12:00am, Jan Harcourt, \$24. Meditation made safe for those who find it scary or who can't sit still due to nervous system activation. Let go of the past and heal.
- **Mindfulness Based Stress Reduction**, Saturday, May 7, 9:00-11:30 am, Jeff Tarrant, \$30. Exploring seated mindfulness meditation, walking meditation, mindful eating, and a body scan. Wear comfortable clothing; bring a meditation cushion or bench if you have one.

**TMJ Pain Relief**, Thursday, May 12, 6:30-7:45 pm, Jan Harcourt, \$18. Yoga and gentle bodywork techniques for self-care to relieve TMJ pain and headaches.

*Register one week early for a discount on any workshop!*

## New teacher

Megan Sappington, RYT, returns to SMYC for our new YogaTeen Class. Welcome back Megan! See bios for all our instructors at [www.showmeyoga.com](http://www.showmeyoga.com).

## Spring News at Show Me Yoga Center

Yoga for Teens \* Yoga for Beginners Only \* Yoga Sculpt  
Power Yoga \* Meditation and Mindfulness \* TMJ Pain Relief \* New Teacher



*Spring is here!* Come celebrate with us! Maybe you've been hibernating this winter and need a little wake up call. Why not try one of our invigorating classes designed to boost your energy? Or, if life is feeling a little overwhelming, experience some relief with one of our meditation or mindfulness workshops. Or perhaps you will be inspired by the growth you see around you to renew your own growth through the practice of yoga. This poem from 13<sup>th</sup> century Sufi poet and mystic, Rumi, says it well:

*We began  
as a mineral. We emerged into plant life  
and into the animal state, and then into being human,  
and always we have forgotten our former states,  
except in early spring when we slightly recall  
being green again.*      ~ Rumi

The practice of yoga helps us remember our own true nature: not separate and alone, but part of the wonder of life. If this is something you value, listen again to Rumi, who says, *Be occupied, then, with what you really value and let the thief take something else.*  
Namaste, Jan



101A West High Street  
Jefferson City, MO 65101

[www.showmeyoga.com](http://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.

### Spring Calendar of Events

March 26, 27, Easter Break, No Classes  
 March 28, New Spring schedule starts  
 March 31, 4:30-5:20 pm, *YogaTeens* Free Sample Class  
 April 4, 6:30-7:45 pm, *Yoga for Beginners Only* Free Sample Class  
 April 7, 6:30-7:30 pm, *Moving Meditation*  
 April 7-May 5, 4:30-5:20 pm, *YogaTeens* Series  
 April 11-May 2, 6:30-7:45 pm, *Yoga for Beginners Only* Series  
 April 16, 10:00 am-noon, *Meditation for Trauma Healing*  
 May 7, 9:00-11:30 am, *Mindfulness Based Stress Reduction*  
 May 12, 6:30-7:45 pm, *TMJ Pain Relief*  
 May 30, Memorial Day Break, No Classes

**Instructors:** Elizabeth Callahan; Jan Harcourt; Judi Jecmen; Sallie Keeney; Randy Noyes; 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 Spring 2005 Class Schedule, March 28-May 31, 2005

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday				
 4:15-5:15 pm Yoga Basics Sallie	12:15-12:45 pm Power Yoga Elizabeth	9:30-11:00 am Yoga Basics Jan	9:30-10:30 am Yoga Mix Judi	Indicates new class or class change	8:15-9:45 am Intermediate Sallie	1:00-2:30 pm Yoga Mix Sallie  2:35-3:15 pm YogaSculpt* 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
		6:30-7:45 pm Beginners* Jan			6:30-7:30 pm Tai Chi Randy		7:00-8:00 pm Breakthrough Kevin		6:30-7:30 pm Tai Chi Randy	

\**Yoga for Beginners Only* and *Yoga Sculpt* require registration. They are not open for drop ins.  
*Yoga for Beginners Only* Series: April 4 (Free Class) -May 2; *YogaTeen* Series: March 31(Free Class)-May 5  
 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

**Tai Chi:** A series of gentle, flowing movements and breathing techniques done in a meditative state. Calming, rejuvenating and strengthening.

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

**NEW! 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

**NEW! YogaTeen:** A lively, fun class for teens and preteens only. Bring your own music and practice flowing yoga, breathing, and meditation. A free sample class is followed by a 5-week series.

**NEW! 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 for Beginners Only:** A safe, gentle introduction appropriate for anyone. Basic yoga poses, breathing, and relaxation for absolute beginners. A free sample class is followed by a 4-week series. Register for the whole series.

### Class Fees

Your first class at Show Me Yoga Center is always free! Start any time and take any mix of classes. Sample them all!

#### To pay by the class:

Long classes (90 minute): \$12  
 Short classes (30 or 60 minute): \$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.

#### Special Series Discounts:

*YogaTeen*: \$25, 5-wk series April 7-May 5 (Free Sample Class March 31)  
*Yoga for Beginners Only*: \$32, 4-wk series, April 11- May 2 (Free Sample Class April 4)

Discounts and automatic payment options are also available. We accept MasterCard and Visa. Class cards are not refundable. Visit our website or call for more details.

### Six-Year Anniversary

This March, Show Me Yoga Center is 6 years old. Thank you to all our students for your support! March is also the 1-year anniversary of The Yoga Group, LLC, becoming SMYC owners: Jan Harcourt, Director; Sallie Keeney, Judi Jecmen, Elizabeth Callahan, Co-Directors.