

What's New?

New Intermediate Class: We've added a new Intermediate Yoga with Megan on Tuesdays, 5:30-7:00 pm. Explore challenging poses, pranayama, deep meditation, chanting, mudras, and more. You will be challenged, mentally and physically, as you open your mind and body to a new level.

New Yoga Basics Class: We've added a new Yoga Basics class with Jan on Thursdays, 5:30-6:30 pm. Experience an introduction to yoga that will leave you feeling great and give you tips for incorporating yoga's benefits into your daily life.

New Yoga/Pilates Time: This fast and vigorous class with Elizabeth moves from lunchtime to a new early afternoon time slot on Wednesdays: 4:15-4:45 pm. Energize for your evening!

New Yoga Sculpt Time: By popular request we've moved Sallie's Yoga Sculpt class to an earlier time on Sundays: 12:10-12:50 pm. Been wanting to try this class? Now's your chance! Call to sign up for a Free Sample class on September 11. (Previous yoga experience preferred.)

Boost your practice with personal attention. You can now use your class card for private yoga classes or bodywork sessions. Take advantage of this great opportunity: it's only 25 credits for 50 minutes. Call or see the website for more details.

Special Events at SMYC

Yoga Teen Intensive: Saturday, September 24, 1:00-5:00 pm. Ready for another party? Join Megan and the SMYC staff for another afternoon of fun for teens that want to play the edge. Meditate, breathe, chant, get upside down, and explore your own true nature in this retreat for teens only. All this, plus pizza and your own music too! Bring your favorite CD. Cost: \$25

Experience Neti Flow: Thursday, October 27, 6:30-8:00 pm, with Kevin and Sallie. Experience the ancient practice of nasal irrigation with a neti pot. It's easy and the benefits are immediate. If you suffer with sinus infections/headaches, coughs and colds, or post-nasal drip you won't want to miss this. Includes a free neti pot (\$15 value) and a take-home guide. Read more at <http://tinyurl.com/bu3eg>. Pre-registration required by 10/20; no refunds after 10/20. Cost: \$30

Healing Circle for Women: Sundays, October 30-November 20, 3:00-4:30 pm, \$60 for the series. Join Jan for this weekly group focusing on self-healing through awareness. We'll practice the art of Somatic Experiencing® combined with gentle yoga and meditation techniques, all designed to awaken your body's inner wisdom. You can "retune" your stress response, relax more completely, and let go of negative beliefs that are limiting your life.

A Day of Yoga: Saturday, November 12, 9:00 am-3:00 pm. Step back from your life for a day and recharge before the busy holiday season. Don't miss this transformative yoga retreat with the SMYC staff. Sample the wide world of yoga: poses, meditation, chanting, philosophy and more. A healthy and delicious lunch is included. Pre-registration is required by 11/7; no refunds after 11/7. Cost: \$70

Fall Highlights at Show Me Yoga Center

Health & Wellness Fair ☯ Yoga Teen Intensive ☯ A Day of Yoga
Healing Circle for Women ☯ New Class Times ☯ Neti Pot Workshop

Celebrating Health!

2nd Annual Health & Wellness Fair
Saturday, October 22, 1-4 pm

Experience what the Jefferson City area has to offer for your health. Visit all the booths and ...

- Relax with a free chair massage
- Win great door prizes
- Sample a yoga class
- Consult with alternative health care practitioners
- Enjoy healthy food and fun for the whole family!



Visitors enjoying chair massages and other booths at the First Annual Health Fair, September 11, 2004



101A West High Street
Jefferson City, MO 65101

www.showmeyoga.com

2nd Annual Health & Wellness Fair
Celebrating Health!
Saturday, October 22, 1-4

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 Yoga Sculpt welcome beginners.

Mark your calendar for these SMYC events!



September 1, Fall Schedule starts
 September 3-5, Labor Day Weekend, no classes
 September 6-12, Free Sample Class week: tell your friends!
 September 24, Yoga Teen Intensive
 October 22, 2nd Annual Health & Wellness Fair
 October 27, Experience Neti Flow Workshop
 October 30, Healing Circle for Women first meeting
 November 12, A Day of Yoga Retreat
 November 24-27, Thanksgiving Break, no classes
 December 23-January 2, Christmas Break, no classes

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.

Instructors: Elizabeth Callahan; Jan Harcourt; Sallie Keeney; Kevin Perry, RYT; Megan Sappington, RYT.

Location: Beautifully decorated space in an historic building overlooking the Capitol. Look for us at the corner of Jefferson and High Streets, 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. We're happy to talk with you!

Show Me Yoga Center Class Schedule, September 1-December 22, 2005*

| Monday | Tuesday | | Wednesday | Thursday | | Friday | Saturday | Sunday |
|---------------------------------------|---|---------------------------------------|---|--|------------------------------------|--------|--|---|
| | | | | Indicates a new class or a class change. | | | 8:15-9:45 am Intermediate Sallie | |
| | | | 9:30-11:00 am Yoga Basics Jan | 9:30-11:00 am Yoga Mix Megan | | | 10:00-11:00am Yoga Basics Sallie | |
| | 12:15-12:45 pm Power Yoga Elizabeth | | | 12:00-1:00 pm Breakthrough Kevin | | | | 12:10-12:50 pm Yoga Sculpt Sallie |
| 4:15-5:15 pm Yoga Basics Sallie | | | 4:15-4:45 pm Yoga/Pilates Elizabeth | 4:30-5:20 pm YogaTeen Megan | | | | 1:00-2:30 pm Yoga Mix Sallie |
| 5:30-7:00 pm Intermediate Kevin | 5:30-7:00 pm Gentle Yoga Jan | 5:30-7:00 pm Intermediate Megan | 5:30-6:30 pm Yoga Basics Sallie | 5:30-6:30 pm Yoga Mix Elizabeth | 5:30-6:30 pm Yoga Basics Jan | | | |
| 7:00-8:00 pm Breakthrough Kevin | | | | | | | | |



*No classes September 3-5, November 24-27, December 23-January 2

Schedule subject to change. Call (573) 636-5656 or visit www.showmeyoga.com for updates.

Yoga Sculpt requires registration and is not open for drop ins.

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. May also include introduction to the wider practice of yoga: chanting, meditation, pranayama, and yoga philosophy.

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

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

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

Yoga Sculpt: 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

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
 Yoga Teen: \$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.

Note: Class cards may be used for all classes and 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.