

Yoga that fits *your* life

We believe that yoga has the power to transform our lives. But this only happens if we practice. One of our goals is to make it easier for you to fit yoga into your life. With this in mind, we're happy to announce a new way to pay for classes, a flexible and convenient class card system. And you can start classes anytime! Read about the built-in discounts and other details on page 2.

We're also happy to announce, with great excitement (and some mild panic controlled by yogic breathing) the celebration of our *Natural Health Fair & Grand Opening* on September 11! The Jefferson City area has much to offer! We're thrilled with the line-up of participants for this event, which fits so well with our commitment to creating a healthy community. And we're looking forward to showing off our newly redecorated space! See page 6 for details.

Finally, here's a little of what's in store for you with our newest classes. We have new class times and new class content that you will want to try for yourself:

Renew: For teachers and others who can take an early afternoon break, Sallie is offering *Relax and Renew Yoga* on Mondays from 4:15-5:15 pm. After your workday what could be better than to join Sallie for a chance to relax your body and soothe your soul. Enjoy meditation and slow, gentle yoga.

Transform: If you're resigned about your posture, pain, body composition, energy level, or any plateau in your life, then change gears in this class that's bent on real results. The in-class and at-home routines for this course are designed for changes that don't wait. Join Kevin on Mondays at 5:30 pm and Wednesdays at 6:30 pm to train for a breakthrough in your yoga, your health, and your outlook.

Have fun: For a great lunch hour break on Fridays join Judi for *Ball Yoga*, from 12:00-1:00 pm. If you've taken one of Judi's popular ball yoga workshops you know that they're not only a lot of fun, but also a great mix of challenge and relaxation.

(Continued on page 2)

Contact us: (573) 636-5656
smycinfo@socket.net
www.showmeyoga.com

Experience yoga's benefits for yourself!

Call (573) 636-5656 to try yoga at one of these classes. If this is your first class at SMYC, your class is **free!**

| | | | |
|--------------|----------------|--------------------------|-----------|
| Sun, Aug 22 | 1:00-2:30 pm | Yoga Mix | Sallie |
| Mon, Aug 23 | 9:30-10:30 am | Yoga Basics | Jan |
| Mon, Aug 23 | 4:15-5:15 pm | Relax & Renew | Sallie |
| Mon, Aug 23 | 5:30-6:30 pm | Breakthrough | Kevin |
| Mon, Aug 23 | 6:30-7:30 pm | Yoga Basics | Kevin |
| Tue, Aug 24 | 12:00-1:00 pm | Yoga Mix | Elizabeth |
| Tue, Aug 24 | 5:30-7:00 pm | Gentle | Jan |
| Tue, Aug 24 | 5:30-6:30 pm | Kundalini | Elizabeth |
| Tue, Aug 24 | 6:30-7:30pm | Tai Chi | Randy |
| Wed, Aug 25 | 9:30-11:00 am | Therapeutics | Jan |
| Wed, Aug 25 | 5:30-6:30 pm | Yoga Basics | Elizabeth |
| Wed, Aug 25 | 7:00-8:00 pm | Breakthrough | Kevin |
| Thur, Aug 26 | 9:30-10:30 am | Yoga Mix | Judi |
| Thur, Aug 26 | 12:00-1:00 pm | Yoga Mix | Elizabeth |
| Thur, Aug 26 | 5:30-6:30 pm | Gentle | Judi |
| Thur, Aug 26 | 5:30-6:30 pm | Yoga Mix | Elizabeth |
| Thur, Aug 26 | 6:30-7:30 pm | Tai Chi | Randy |
| Fri, Aug 27 | 12:00-1:00 pm | Ball Yoga | Judi |
| Sat, Aug 28 | 10:00-11:00 am | Yoga Basics | Sallie |

What's New this Fall?

- Our first annual Natural Health Fair and Grand Opening on September 11
- New flexible and convenient class card system
- Two choices in class length are now 1.5-hour and 1-hour classes
- Relax & Renew Yoga, Mondays 4:15 pm, with Sallie
- Breakthrough Training, Mondays, 5:30 pm, and Wednesdays, 6:30 pm, with Kevin
- Ball Yoga, Fridays, 12:00 noon, with Judi
- Workshops: Yoga & Acupuncture; Partner Yoga; Mudra Experience; Core Performance; Yin Yoga; Qigong; Tibetan Yoga; Key to Stress & Trauma.

Fit yoga into your life with our new flexible and convenient class card!

Our new class card system allows you to choose when you pay and how much you pay for classes. When you purchase a card you are purchasing *credits* that can be spent on any classes and workshops. The guide at the right shows examples of how many long or short classes you could purchase with your credits. But you can spend them however you like. You're free to try different styles and lengths of classes and workshops.

When you purchase more class credits at one time, your classes are cheaper. The regular price of classes are \$8 for 1-hour and \$10 for 1.5-hour. One credit is worth \$2, so 4 credits buys one one-hour class ($2 \times 4 = \$8$) and 5 credits buys one 1.5-hour class ($2 \times 5 = \$10$). At the Discount Card level one credit costs less, only \$1.90; at the Double Discount Card level one credit costs only \$1.80, so your money buys more yoga.

If you want to get a discount and not have to spend a lot at once, you can pay monthly by credit card. Sign up for our membership program and a convenient payment for your credits will be charged to your credit card each month. We think you'll love the convenience and price.

Your class card will stay at SMYC so you don't have to worry about losing it! We'll update it at each class so you will always know how many credits you have left.

(Continued from page one)

Challenge yourself: For *Level 2* and *Level 3* students we want to reassure you that your classes have not gone away! They're just been combined and renamed *Intermediate Yoga*. Kevin, Sallie, and Elizabeth will still be teaching great classes that are sure to challenge and inspire you.

Climb no steps: For most of our students we suggest that you think of the climb to the third floor as a warm-up for classes! But for those who are unable to "do stairs," we now offer classes at the Jefferson City YMCA Knowles Annex, 424 Stadium Blvd. There are no steps and parking is available nearby. Jan teaches a Tuesday, 8:30-9:30 am *Chair Yoga* class ideal for seniors or others with limited mobility.

Energize: Early birds can wake-up with Elizabeth's *Sunrise Yoga* on Tuesdays, 6:30-7:30 am at the YMCA. (To register for any Y class contact the YMCA at 761-9000. SMYC class cards cannot be used at the YMCA.)

Flow: Enjoy the meditative flowing movements of Tai Chi with Randy on Tuesdays and Thursdays, 6:30-7:30 pm. Your class card can be used for Tai Chi.

With all these new classes, plus our regular classes (p. 3) and a great line-up on workshops (p. 4) you'll want to plan ahead to fit yoga into your life this fall! See you in class and on September 11.

Jan, Judi, Elizabeth, and Sallie

Class Card Payment Options

Non-members: "Pay as you go"

Buy cards anytime by check, cash, or credit card.

| | |
|----------------------------|------------------------------|
| Guest Pass | Pay by the class |
| \$10 (1-hour class) | \$12 (1.5-hour class) |

| | |
|-------------------------------------|--------------------------|
| Beginner's Card: 20 credits | Expires in 6 weeks |
| \$40 (Classes cost \$8/\$10) | One time purchase only** |

Examples:
Take 5 1-hour classes or 4 1.5-hour classes*

| | |
|-------------------------------------|---------------------|
| Basic Card: 40 credits | Expires in 10 weeks |
| \$80 (Classes cost \$8/\$10) | |

Examples:
Take 10 1-hour classes or 8 1.5-hour classes*

| | |
|--|---------------------|
| Discount Card: 80 credits | Expires in 20 weeks |
| \$152 (Classes cost \$7.60/\$9.50, a 5% discount) | |

Examples:
Take 20 1-hour classes or 16 1.5-hour classes*

| | |
|---|-------------------|
| Double Discount Card: 120 credit | Expires in 30 wks |
| \$216 (Classes cost \$7.20/\$9.00, a 10% discount) | |

Examples:
Take 30 1-hour classes or 24 1.5-hour classes*

Members: "Automatic payments"

Monthly automatic charge to your credit card

| |
|--|
| Discount Membership: 20 credits/month |
| \$38/month |

(Classes cost \$7.60/\$9.50, a 5% discount)

Examples: Take 5 1-hour classes/month or
4 1.5-hour classes/month*

| |
|---|
| Double Discount Membership: 40 credits/month |
| \$72/month |

(Classes cost \$7.20/\$9.00, a 10% discount)

Examples: Take 10 1-hour classes/month or
8 1.5-hour classes/month*

Membership details

- No charge for initial sign-up; \$10 charge to reactivate
- Member's credits accumulate without any limits
- All credits expire 30 days after you cancel
- For more yoga each month ask about increasing your monthly charge to an amount that you choose

*These are examples only. Mix and match! Use your credits for any combination of classes and workshops.

**Seniors and College Students may buy this Beginner's Card as many times as you like.

Class Offerings

Yoga Basics is a great place to start your practice of yoga or to deepen your knowledge of the basics. You'll practice basic poses for strength and flexibility and learn basic alignment to keep you safe during your practice of yoga. Includes relaxation. 1-hour class.

Intermediate Yoga is for students who want to continue their study of yoga beyond the basics. A wider variety of poses are practiced. We build on the basic standing and seated poses. The shoulder stand and handstand are introduced, as are more challenging twists, forward bends, back bends, and inversions. 1-hour and 1.5-hour class.

Gentle Yoga combines warm-ups, plus gentle and restorative yoga poses, breathing, and relaxation to reduce stress, increase freedom of movement and restore vitality. Less vigorous than Yoga Basics, with fewer standing poses. 1-hour and 1.5-hour class.

Therapeutics is a class appropriate for those experiencing illness, injury, or chronic pain. Each class has time for one-to-one attention. Includes self-help bodywork tools like Myofascial Release, Reiki, and reflexology. 1.5-hour class.

NEW Relax & Renew Yoga gives you a much-needed break. Includes spending time in supported, gentle yoga poses, as well as breathing exercises, and meditation. The emphasis is on a slow pace and letting go. 1-hour class.

NEW Ball Yoga is a class where you can "have a ball" and still have a great experience of yoga. Balls are used to help you experience poses you might not be able to do otherwise, as well as to increase a stretch and work with balance. 1-hour class.

Kundalini Yoga helps to balance energy centers of the body, called chakras. This invigorating class will leave you refreshed and energized. Explore breathwork and simple repetitions that promote circulation and detoxification. 1-hour class.

Yoga Mix is an invigorating class for all levels, including physically fit beginners. (We recommend that you start with Yoga Basics or have some previous yoga experience.) Mix it up with a variety of styles, a faster pace, and a challenge. 1-hour and 1.5-hour class.

NEW Breakthrough Training Are you ready for new energy, strength, stamina, and focus? Learning techniques to apply in a variety of poses is not the goal of this class. Instead, we'll repeat routines, focused practices, in class and at home, that make for quick shifts in your abilities. Veer off the predictable path. No experience is needed. But you must be willing to assist, and be assisted by, your classmates. 1-hour class.

NEW Tai Chi is a series of gentle, flowing movements and breathing techniques that allow you to experience a meditative state. It is calming and rejuvenating, while assisting the body and mind to maintain balance and overall good health. 1-hour class.

Use your class card to join these classes at any time!

Show Me Yoga CENTER

Fall/Winter Calendar of Events

| | |
|----------------|---|
| Fri, Aug 20 | T.G.I.F. & Cea's farewell party* |
| Sat, Aug 21 | Sanskrit Experience Workshop |
| Sun, Aug 22 | New Fall schedule starts |
| Mon, Sept 6 | Labor Day, no classes |
| Tue, Sept 7 | YMCA Session starts |
| Sat, Sept 11 | Health Fair & Grand Opening* |
| Thurs, Sept 23 | Core Performance Workshop |
| Thurs, Sept 30 | Partner Yoga Workshop |
| Thurs, Oct 7 | Yoga & Acupuncture Workshop |
| Fri, Oct 8 | Social event at Native Stone Winery* |
| Thurs, Oct 14 | Tibetan Yoga Workshop |
| Sat, Oct 23 | Mudra Experience Workshop |
| Tues, Nov 2 | YMCA Session starts |
| Thurs, Nov 4 | Yin Yoga Workshop |
| Fri, Nov 12 | T.G.I.F. Yoga* |
| Sat, Nov 13 | Key to Stress/Trauma Workshop |
| Nov 25-26 | Thanksgiving Break, No Classes |
| Fri, Dec 3 | Open House and Living Windows* |
| Sat, Dec 4 | Christmas parade get together* |
| Sat, Dec 11 | Qigong Workshop |
| Dec 20-26 | Christmas Break, no classes |
| Dec 31, Jan 1 | New Year's Break, no classes |

*About once a month we'll get together with time for socializing with SMYC teachers and students.




T.G.I.F. Yoga and ice cream social at Show Me Yoga Center on July 16, 2004. See www.showmeyoga.com for more photographs of our newly decorated and spacious yoga center.

 **Experience What's Inside Book Series Workshops**

with Kevin Perry

Join Kevin for this series of experience-rich workshops that uncover what's inside some great books you never had the chance to read! For each workshop you'll get a take home guide that will help you put what you've experienced into play right away in your daily life.

 **Core Performance: Transform Your Body and Your Life** with SMYC Instructor Kevin Perry, R.Y.T., Thursday, September 23, 6:30-7:30 pm, \$12 or 6 credits

Learn the series that author Mark Verstegen has used in his core training and conditioning programs with some of the most elite athletes in the world. You can use this dynamic series of moves as a warm-up for any activity, resulting in "significant improvement in mobility, flexibility, and stability," says Verstegen. You don't need equipment or a lot of time to get a tremendous return for a minimum investment.

Partner Yoga with SMYC Instructor, Judi Jecmen, Thursday, September 30, 6:30-8:00 pm, \$18 or 9 credits


Working through the yoga poses with a partner emphasizes complimentary aspects of balance, flexibility, strength and gentleness. It also helps create communication and trust. Working in partnership you will share poses and breathing exercises. Come alone or bring a partner. Some previous yoga experience is preferred.

Yoga and Acupuncture: with guest instructor Lynn Maloney, Thursday, October 7, 6:30-8:30 pm, \$24 or 12 credits

In acupuncture, the lung and large intestine meridians are associated with autumn. When energy is not flowing well along these energy pathways in the body we can experience unresolved grief and a sense of disconnection from

our bodies and the world around us. We will learn how to find these channels on our bodies and how they relate to physical, emotional and spiritual concerns. Then we will practice yoga postures that balance these pathways, accessing their gifts of emotional inspiration balanced with grounded embodiment.


Lynn Maloney is a licensed acupuncturist and registered yoga teacher who has led workshops on topics related to yoga and acupuncture for several years.

 **Tibetan Yoga** with SMYC instructor Kevin Perry, R.Y.T., Thursday, October 14, 6:30-7:30 pm, \$12 or 6 credits

Author Michael Roach introduces us to Heart Yoga, a practice that he says "works on your heart in two ways: It makes your physical heart and your body healthy and strong, and it opens your heart to love others." We'll deeply experience his suggested practices, most of which are done seated. Each typically includes a posture, a hand gesture, a gaze, and a heart quality focus to open and strengthen your heart. You'll leave this workshop feeling refreshed, light, and full of ease.

Mudra Experience with SMYC Instructors Kevin Perry, and Sallie Keeney. Saturday, October 23, 11:30 am -1:30 pm, \$24 or 12 credits

Mudras are hand gestures that improve your health, calm your nervous system, and focus your mind. Mudras are like portable yoga poses: you can practice them anywhere, anytime. You will learn more than a dozen mudras and experience their benefits, including mudras for relaxation, concentration, increased energy, back pain, and more. Don't miss this opportunity to encounter this subtle and gentle energy practice!

 **Yin Yoga** with SMYC Instructor Kevin Perry, Thursday, November 4, 6:30-7:30 pm, \$12 or 6 credits

In his book, subtitled "outline of a quiet practice," Paul Grilley says that most yoga practices are "Yang," focusing mostly on changing muscle. But he invites us to a quiet and sustained practice that focuses on connective tissue, the tissue near the joints that must be trained through moderate stretches. We'll practice a series that includes these poses: pentacle, half frog, tripod, seal, dragon, saddle, and half saddle.

Fight, Flight, Freeze: The Key to Stress and Trauma with SMYC instructor Jan Harcourt, Saturday, Nov 6, 1:00-3:00 pm, \$24 or 12 credits

Most of us know about the fight/flight response. We experience it every day as our body reacts to stress. But it's the freeze response that is key to the development and healing of trauma. We'll learn how the freeze response works, how to know when it is triggered, and how to allow the body to naturally recover. We'll practice skills you can use to support yourself and others through potentially traumatic events so that the body/mind can quickly rebound.

Qigong with guest instructor Jeff Tarrant, Saturday, December 11, 1:00-2:30 pm, \$18 or 9 credits

Qigong is a system of slow movements, breathing techniques and meditations that promote self-healing. This is an ancient Chinese practice that is used to accumulate, cleanse, and refine our life force, improving the health and harmony of mind and body. Qigong exercises are not strenuous and can even be done while sitting! Please wear loose clothing.

Dr. Jeff Tarrant, is the Director of Spring Grove Counseling and Wellness Center in Jefferson City. He has many years of experience in martial arts, meditation, and mind/body healing.

General Workshop Information

No previous experience is required for these workshops. No refunds after six days prior to the workshop. Pay with credits from your class card or pay with cash, check, or credit card.

Show Me Yoga CENTER 2004 Fall Class Schedule

Effective August 22, 2004*

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|---|--|---|---|--|
| <div style="border: 1px solid black; padding: 2px; margin-bottom: 5px;">9:30-10:30 am Yoga Basics Jan</div> <div style="border: 1px solid black; padding: 2px; margin-top: 10px; width: 60px; margin-left: auto; margin-right: auto;">4:15-5:15 pm R & R Yoga Sallie</div> <div style="border: 1px solid black; padding: 2px; margin-top: 5px;">5:30-6:30 pm Breakthrough Kevin</div> <div style="border: 1px solid black; padding: 2px; margin-top: 2px;">6:30-7:30 pm Yoga Basics Kevin</div> | <div style="border: 1px solid black; padding: 2px; margin-bottom: 10px;">9:00-10:00 am Intermediate Elizabeth</div> <div style="border: 1px solid black; padding: 2px; margin-bottom: 10px;">12:00-1:00 pm Yoga Mix Elizabeth</div> <div style="border: 1px solid black; padding: 2px; margin-bottom: 5px;">5:30-7:00 pm Gentle Jan</div> <div style="border: 1px solid black; padding: 2px; margin-bottom: 5px;">6:30-7:30 pm Tai Chi Randy</div> | <div style="border: 1px solid black; padding: 2px; margin-bottom: 10px;">9:30-11:00 am Therapeutics Jan</div> <div style="border: 1px solid black; padding: 2px; margin-bottom: 5px;">5:30-7:00 pm Intermediate Kevin</div> <div style="border: 1px solid black; padding: 2px; margin-bottom: 5px;">7:00-8:00 pm Breakthrough Kevin</div> | <div style="border: 1px solid black; padding: 2px; margin-bottom: 10px;">9:30-10:30 am Yoga Mix Judi</div> <div style="border: 1px solid black; padding: 2px; margin-bottom: 10px;">12:00-1:00 pm Yoga Mix Elizabeth</div> <div style="border: 1px solid black; padding: 2px; margin-bottom: 5px;">5:30-6:30 pm Yoga Mix Elizabeth</div> | <div style="border: 1px solid black; padding: 2px; margin-bottom: 10px;">12:00-1:00 pm Ball Yoga Judi</div> <div style="border: 1px solid black; padding: 2px; margin-bottom: 5px;">5:30-6:30 pm Gentle Judi</div> <div style="border: 1px solid black; padding: 2px; margin-bottom: 5px;">6:30-7:30 pm Tai Chi Randy</div> | <div style="border: 1px solid black; padding: 2px; margin-bottom: 5px;">8:15-9:45 am Intermediate Sallie</div> <div style="border: 1px solid black; padding: 2px; margin-bottom: 5px;">10:00-11:00am Yoga Basics Sallie</div> | <div style="border: 1px solid black; padding: 2px; margin-top: 10px; width: 60px; margin-left: auto; margin-right: auto;">1:00-2:30 pm Yoga Mix Sallie</div> |

*No classes will be held September 6, November 25-26, December 20-26, December 31-January 1.
Schedule subject to change. Please check www.showmeyoga.com or call (573) 636-5656 for current information.

Show Me Yoga CENTER Class Card Purchase Form (Please Print Clearly)

Date _____ Name _____ Home Phone _____

Address _____ Work Phone _____

City _____ State _____ Zip Code _____ Email address _____

For Members only: Charge Date: ___ 1st of month ___ 15th of month Credit card ___ MC ___ VISA

Exp. Date _____ Card Number _____ - _____ - _____ - _____

I authorize SMYC to make drafts of my charge card for my monthly fee in the amount of _____ (\$38 or \$72)

_____ (Signature) _____ Date

Check one box below. A. For membership: check first box, fill out credit card information, add signature, and enclose first month's fee.
B. To purchase one class card: check second box, enclose full payment for card of your choice. For workshops: list number of credits to charge to your class card or enclose payment. Make checks payable to Show Me Yoga Center, 101A W. High St, Jefferson City, MO 65101. Or pay by phone with Visa or MasterCard. For more information see page 2.

First Month's Membership Fee: \$38 or \$72 \$ _____

Card Fee: \$40, \$80, \$152, or \$216 \$ _____

Workshop _____ Date _____ Teacher _____ (Credits) or \$ _____

Workshop _____ Date _____ Teacher _____ (Credits) or \$ _____

Total Payment Enclosed \$ _____

For office use only: Check no _____ CC _____ Cash _____

ML _____ EL _____ SL _____ Card _____

Join us in celebrating our
Grand Opening with

A Natural Health Fair:

Wellness for Mind, Body, and Spirit

Saturday, September 11, 1:00-5:00 pm.

- Free yoga and tai chi classes
- Chair massages
- Consultations
- Healthy refreshments
- Live remote with Simon Rose from KBXR from 1:00-4:00
- Great door prizes: T-shirts, gift certificates for acupuncture and massage, and more
- Special gifts for signing up for yoga at the Health Fair!



Show Me Yoga Center is celebrating its Grand Opening under new management by The Yoga Group, LLC.

Come check out the following businesses and organizations who will be offering free information, demonstrations, consultations, and special offers available only at the Health Fair!

- Fairway Fitness: yoga and fitness for golfers
- Health & Harmony: aromatherapy
- Healthy Designs: nutritional counseling
- Living in Balance: yoga, reiki, and massage
- Lynn Maloney: acupuncture
- Natural Connections Wellness Center & Spa: massage and more
- Riversong Spa & Salon: massage and more
- Spring Grove Counseling & Wellness Center: biofeedback, Qigong, massage and more
- Success Personal Training: fitness training
- Supreme Master Cing Hai International Association: meditation
- Vipassana Buddhist Church: meditation
- Women 'N Motion: fitness for women



101a West High Street
Jefferson City, MO 65101

*Natural Health Fair
& Grand Opening*

Would you like to be removed from our mailing list? Call (573) 636-5656 to let us know!

Return Service Requested