

Summer Time From college to teaching and then parenting, much of my life has revolved around the rhythm of the school year. When it starts to get warm, I start getting the feeling that it's time to play. I look forward to swimming, gardening, visiting relatives, hiking in the woods with the dog, and lazy days in the sun, on the beach, or in the shade of a tree with a book.

Well, that's the image anyway. The reality for many of us is that summer just adds more duties to already overloaded schedules. The kids are out of school. There are vacations to plan and squeeze in before August rolls around. Even if you are retired and there are no children at home, the garden, the lawn mowing, or the golf course and other summer activities call.

As we transition to summer I hope that you will join me in continuing to make time to practice yoga. If you are already benefiting from the physical, mental, and spiritual rewards of yoga practice, why stop? In the ancient guideline for yoga practice, the Yoga Sutra, Patanjali tells us that the practice of yoga is firmly grounded when "it is practiced for a long time without interruption and with zeal." This is when the real benefits are realized, with persistence.

I also think of the meditation teacher who was asked how often he meditates. "One hour each day unless I'm busy," he told his student. "When I'm busy I meditate two hours."

When we are the most busy is when we most benefit from the calming, strengthening, and energy building of a yoga practice. Perhaps the busy days of summer are the perfect time for you to start or to renew your commitment to your practice of yoga. Happy Summer!

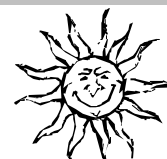
Jan

Experience peace, strength, vitality

Call (573) 636-5656 to try yoga at one of these **free** classes

Mon, May 24	9:30-11:00 am	Yoga Basics	Jan
Mon, May 24	7:15-8:05 pm	Yoga Basics	Kevin
Tue, May 25	7:00-7:50 am	Yoga Mix	Elizabeth
Tue, May 25	12:05-12:55 pm	Yoga Mix	Elizabeth
Tue, May 25	5:30-7:00 pm	Gentle	Jan
Tue, May 25	5:30-6:20 pm	Kundalini	Cea
Wed, May 26	9:30-11:00 am	Therapeutics	Jan
Wed, May 26	1:00-1:50 pm	Yoga Mix	Elizabeth
Wed, May 26	5:30-6:20 pm	Yoga Basics	Chrissy
Thur, May 27	9:30-11:00 am	Yoga Mix	Cea
Thur, May 27	12:05-12:55 pm	Kundalini	Cea
Thur, May 27	5:30-6:20 pm	Gentle	Judi
Thur, May 27	5:30-6:20 pm	Yoga Mix	Elizabeth
Sat, May 29	10:00-10:50 am	Yoga Basics	Sallie
Sun, May 30	1:00 -2:30 pm	Yoga Mix	Sallie

What's New for Summer?



Unlimited Summer Yoga when you sign up for 12 weeks!

Yoga Mix, Tuesday 7:00-7:50 am, with Elizabeth

Yoga Mix, Tuesday 12:05-12:55 pm, with Elizabeth

Yoga Mix, Wednesday 1:00-1:50 pm, with Elizabeth

Yoga Basics, Wednesday 5:30-6:20 pm, with Chrissy

Yoga Mix, Thursday 9:30-11:00 am, with Cea

Workshops: *Healing Sound, Yoga for Pregnancy, Yoga on the Ball, Yoga for Business, Sanskrit Experience, Yoga for Absolute Beginners, and Poses and Prayers.*

Show Me Yoga CENTER

573 · 636 · 5656

SMYCinfo@aol.com

www.showmeyoga.com

What is yoga? Yoga is an ancient discipline that integrates the body, mind, and spirit. Yoga systematically strengthens, stretches and energizes the whole body. Internal organs and glands are bathed in increased circulation. Muscles are strengthened and massaged. The nervous system is quieted and strengthened; and the mind's ability to focus is enhanced. This comprehensive system of self-care has been known to bring vitality, health, deep relaxation, and a sense of inner peace and wholeness to those who practice it.

Choosing a class

All highlighted classes welcome beginners.

❖ Indicates that the class can be joined at any time. Not sure which is right for you? Talk with us. We'll help you pick a class.

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 to increase strength and flexibility and learn basic alignment to keep you safe during your practice of yoga.

Gentle Yoga ❖ combines warm-ups, gentle and restorative poses, breathing, and relaxation to reduce stress, increase freedom of movement and restore vitality. For students who want a less vigorous class or who are experiencing illness, injury, or chronic pain.

Therapeutics is for anyone who wants to customize his or her yoga practice. The therapeutic benefits are especially designed for working with special conditions. The cost includes all class meetings plus two private 1-hour classes. *This is a semi-private class not open for make-ups from other classes.*

Yoga Level 2 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, and back bends.

Yoga Level 3 is for students who want to deepen their yoga experience through practicing more challenging poses. Regular home practice is recommended at this level. We build on the basic poses and introduce headstand, forearm balance, and more challenging back bends such as upward bow pose.

Yoga Mix ❖ is an invigorating class for all levels, including physically fit beginners. (It is recommended, however, that you start with Yoga Basics or have some previous yoga experience.) Mix it up with a variety of styles and a little faster pace. Expect to be challenged!

Kundalini Yoga ❖ is designed to help balance major energy centers of the body, called chakras. This invigorating class will leave you refreshed and energized. Explore breathwork and simple repetitions that enhance the circulatory system and encourage detoxification.

TGIF Yoga ❖ is a great way to start your weekend. Drop in after work on Friday for informal practice under the supervision of a teacher. This is a great time to talk with a teacher and with other students. We'll enjoy refreshments and perhaps go out for some social time too. Donations are welcome and will be given to a local charity chosen weekly. Weekly through May. During the summer on the third Friday of the month only.

How to register

To register, complete the registration form and attach full payment. We will be glad to reserve your place in class once we have payment. We accept Visa and MasterCard by phone.

Class details

Make-ups. If you miss your regularly scheduled class you can do a make up during *any* other class of the same level or lower. (Except the Therapeutics class.) You do not need to call ahead; just come to class! **Classes can be made up only during the session in which they're missed.** (If you miss two 50-minute classes you can make them up in a 90-minute class. If you miss a 90-minute class you can make it up with two 50-min. classes.)

Try-out Classes. You can try yoga any time. Your first class is always free at Show Me Yoga Center. Please call in advance to make arrangements for the right class for you: 636-5656.

Drop-ins/Guests.. If you are currently enrolled an extra class is \$10. If you are not currently enrolled, the drop-in fee is \$12. Guests who haven't studied before are welcome in any class marked with ❖. The fee is \$12. (50-minute classes are \$6 for drop ins for everyone)

Clothing and Shoes. Wear comfortable clothes that allow you to move freely. Avoid bulky sweat-pants and sweat-shirts. Please remove your shoes before entering the yoga rooms.

Meals. Avoid full meals at least three hours before yoga. A light snack is ok. Please don't bring food into the yoga room. For your safety, discard your chewing gum before class.

Weather. If classes are postponed due to the weather, there will be an announcement on the answering machine (636-5656) at least one hour before class. Classes will be rescheduled.

Cancellations. Refunds are calculated based on the date of your cancellation request, not the date you last attended class. The cost of the course includes a \$20 fee that is not refundable or transferable to another session or person.

Summer 2004 2 6-Week Sessions

Unlimited Summer Yoga! Enroll in Summer Sessions 1 and 2 at the same time for \$120 and take unlimited classes all summer

1 50-minute class/week	\$30
1 90-minute class/week	\$60
2 90-minute classes/week	\$105
Private classes	\$45/hr.
Therapeutics class	\$106

Per class fee for drop ins:

50-minute classes	\$6
90-minute classes	\$12/guests
	\$10/current students

Discounts*:

Early registration: \$5 off with payment in full by May 23. Currently enrolled students only.

Family, College Students, Seniors (65+): \$5 off

Multi-class discount for 2 or more 90-minute classes, see above for pricing

*Only one discount of any kind per registration.

*Workshops, 50-minute classes, and "Unlimited Summer Yoga" Special not eligible for additional discounts.

*No discounts given after first week of classes

Healing Sound with Margaret Waddell
 Thursday, June 3, 6:30-8:30 pm, \$25

Explore the world of healing sound using your natural abilities: listening, feeling, sensing, moving and expressing. Activities may include overtone chanting using vowel sounds, chanting for the chakras, exploring the healing power of your name, working with instruments, intuitive toning to release pain, choosing music for a healing purpose, as well as group singing of chants from various cultural and spiritual traditions around the world.



Margaret Waddell, M. M. performs the healing chant of Hildegard of Bingen; teaches Sacred World Music and Healing Sound workshops, therapeutic voice lessons and private sessions; leads Community Chanting for Peace events throughout the Midwest. Margaret lives in Columbia.

No previous experience needed. No refunds after May 28.

Monthly E-mail Newsletter

We are now offering a monthly e-mail newsletter with information on classes, workshops, and other special events. Newsletters were sent in March and April. If you haven't received these newsletters and would like to, send us an e-mail at SMYCinfo@aol.com and say you would like to subscribe to the e-mail newsletter.

Below: Fun at T.G.I.F. yoga night, Sallie Keeney, Mallory Keeney, and Richelle Perry



Show Me Yoga CENTER
Calendar of Events

Mon, May 24	First Day of Summer 1 Session
Thurs, June 3	<i>Healing Sound Workshop</i>
Thurs, June 17	<i>Yoga for Pregnancy Workshop</i>
Friday, June 18	T.G.I.F. Yoga
Thurs, June 24	<i>Yoga for Business Workshop</i>
Sat, July 3	Last day of Summer 1 Session
July 4 – July 10	Summer break, No Classes
Sun, July 11	First Day of Summer 2 Session
Friday, July 16	T.G.I.F. Yoga
Thurs, July 22	<i>On the Ball Workshop</i>
Thurs, August 5	<i>Poses and Prayers Workshop</i>
Thurs, Aug 12	<i>Absolute Beginners Workshop</i>
Friday, Aug 20	T.G.I.F. Yoga
Sat, Aug 21	<i>Sanskrit Experience Workshop</i>
Sat, Aug 21	Last Day of Summer 2 Session
Sun, Aug 22	First Day of Fall Session

T.G.I.F. Yoga

If you haven't joined us on Friday nights yet you've missed a lot of fun! It's a chance to get together with SMYC teachers and students and laugh, practice yoga together in a relaxed and fun atmosphere, socialize, and enjoy refreshments. Children are welcome. Drop in anytime between 5:00 and 6:00 pm.

TGIF yoga will continue weekly through May. During the summer we will meet only on the third Friday of each month. Mark your calendar for some very special Fridays:

- June 18 "Thank Goodness for Dad night"
- July 16 "Ice Cream Social"
- August 20 "Back to School Party"

Yoga for Pregnancy with SMYC Instructor Chrissy Allen, Thursday, June 17, 6:30-8:00 p.m., \$15

No refunds after June 11.

Whether you are pregnant or planning to be this workshop is for you. We will focus on:

- Poses to improve reproductive health and prepare the body for childbirth
- Poses to relieve common pregnancy symptoms such as back pain and swollen feet
- Techniques for learning to relax for childbirth and beyond



Sanskrit Experience with SMYC instructor Kevin Perry, R.Y.T. Saturday, August 21, 11:00 am-2:30 p.m., \$35

No refunds after August 13.

This 3.5-hour workshop is designed to provide you with vivid experiences that will make it more difficult for you to forget the Sanskrit names of yoga poses. We'll sing, tell stories, count, and play games. We'll learn the meaning behind the words, and we'll do yoga, too. We'll practice hearing and saying the Sanskrit words and word roots.

A 100-page loose-leaf course manual and study guide will be provided. Please bring a 3-ring binder. Come prepared to do yoga poses.

No previous experience is needed for this class. Interest and willingness to participate in group activities are the only requirements. Class size is limited.



“On the Ball” Yoga with SMYC instructor Judi Jecmen Thursday, July 22, 6:30-8:00 p.m., \$15.

No refunds after July 16

Doing yoga with a ball provides a unique mind-body training opportunity. The ball can be used as a base of support for working with difficult yoga postures, as a tool for intensifying a stretch or for working with your balance. Bring your own fitball or let us know if you need to use one of ours.



Yoga for Business with SMYC Instructor Elizabeth Callahan, Thursday, June 24, 6:30-8:00 p.m., \$15

No refunds after June 18.

Learn how yoga can help you succeed in your business and enjoy your job more. This workshop will help you

- become more **energized**
- improve **decision making**
- become more **intuitive**
- reduce the **effects of stress**
- increase **productivity**
- sharpen **concentration**

We will practice simple exercises and meditations (many of which can be practiced in the office) to help discover your best professional self.

Absolute Beginners: A Basic Introduction to Yoga with SMYC instructor Jan Harcourt, Thursday, August 12, 6:30–8:00 p.m., \$15

No refunds after August 6.

Experience your first yoga class in the company of other absolute beginners. We'll spend some time in discussion about the practice of yoga and its benefits. Then we'll warm-up with some easy movements, progress into some very basic yoga poses, and end with a guided relaxation. All bodies are welcome! This class is appropriate for any degree of fitness, flexibility, and strength.

Poses and Prayers with SMYC Instructor Kevin Perry, R.Y.T. Thursday, August 5, 6:30-8:00 p.m., \$15

No refunds after July 30.

B.K.S. Iyengar said, “the body is my temple and the asanas are my prayers.” In this workshop we'll explore just what prayer is and how you might express your prayers and highest intentions with your body, gestures, thoughts, and words. We'll study some well-known and lesser-known prayers to see what they might offer us as clues for producing change and invoking grace in our lives. We'll explore the premises that underlie prayer. And, of course, we'll shape our bodies into some of the classical and more unusual postures for prayer to see just what meaning and value they might have.

To register fill out the registration form on page 5 and mail or bring payment to Show Me Yoga Center, 101a W. High, Jefferson City, MO 65101. For more information or to register by phone with credit card call (573) 636-5656.

No previous yoga experience needed for any of these workshops. Class size is limited. Register early!

Show Me Yoga CENTER 2004 SUMMER Class Schedule

Two 6-week summer sessions. Summer 1: May 24 - July 3, 2004; Summer 2: July 11 - August 21, 2004

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	7:00-7:50 am Yoga Mix Elizabeth				8:15-9:45am Level 2 Sallie	
9:30-11:00 am Yoga Basics Jan	9:30-11:00am Level 3 Cea	9:30-11:00am Therapeutics Jan	9:30-11:00am Yoga Mix Cea		10:00-10:50am Yoga Basics Sallie	
	12:05-12:55pm Yoga Mix Elizabeth		12:05-12:55pm Kundalini Cea			1:00-2:30pm Yoga Mix Sallie
5:30-7:00pm Level 3 Kevin	5:30-7:00pm Level 2 Sallie	5:30-7:00pm Level 2 Kevin	5:30-6:20pm Yoga Basics Chrissy	5:30-6:20pm Yoga Mix Elizabeth	5:30-6:20 pm Gentle Judi	
7:15-8:05pm Yoga Basics Kevin		5:30-6:20pm Kundalini Elizabeth/Cea			5:00-6:00 pm TGIF Yoga Staff	
		7:15-8:45pm Level 3 Kevin		Watch for Special Events	Third Friday of the month	

Enrollment for the Summer 2004 Session is now open. See page 2 for tuition costs. To register complete a registration form and mail or bring to Show Me Yoga Center, 101a West High St., Jefferson City, MO, 65101. Make checks payable to Show Me Yoga Center. For more information or to register by phone call (573) 636-5656. Visit us online at www.showmeyoga.com.

Show Me Yoga CENTER Registration Form (Please Print Clearly) Summer 2004

Date _____ Name _____ Home Phone _____

Address _____ Work Phone _____

City _____ State _____ Zip Code _____

Email address _____

Class Level _____ Day _____ Time _____ Teacher _____ Fee _____

Class Level _____ Day _____ Time _____ Teacher _____ Fee _____

Workshop _____ Date _____ Teacher _____ Fee _____

Workshop _____ Date _____ Teacher _____ Fee _____

-- Discount _____

Total Payment Enclosed _____

Please make checks payable to Show Me Yoga Center. To register, attach payment in full. The cost of course enrollment includes an administrative fee that is not refundable and not transferable. Please read the **Cancellations** section on page 2 of the newsletter. Send form and payment to: Show Me Yoga Center, 101a West High St., Jefferson City, MO 65101. Email: SMYCinfo@aol.com. Phone: (573) 636-5656. See www.showmeyoga.com. You may register by phone with Visa or MasterCard.

For office use only: CK NO _____ CC _____ ML EL CR

Unlimited Summer Yoga

This summer take as many classes as you like, whenever you like.

Sign up for 12 weeks of yoga for the regular price of \$120 and take unlimited classes all summer. Choose from our extensive schedule including early morning, lunch hour, early afternoon, evening, and weekend classes.

Busy summer schedule? Choose from our other options that make it easy to practice yoga this summer.

- Drop in when you can. Drop in fees are only \$6 for 50-minute classes and \$12 for 90-minute classes.
- Sign up for one 50-minute class each week for only \$30 for a six-week session. Pick from Summer 1: May 24-July 3 or Summer 2: July 11-August 21 or do both for \$60.
- Take one or more of our summer workshops: Healing Sound, Yoga for Pregnancy, "On the Ball", Absolute Beginners, Prayers and Poses, Yoga for Business, and Sanskrit Experience. See inside for more details.



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

Return Service Requested

101a West High Street
Jefferson City, MO 65101