

Columbia Classes

OPEN TO EVERYONE

Creating Community *enhancing and inspiring Mind, Body, and Spirit*

Yoga class Sunday From 12:30—1:40pm

At the East location at Key Largo Fitness and Tanning

701 Hillsdale Road, Columbia, MO, 65201 573-256-4293

\$15 Paid at Front Desk

Portions of proceeds will benefit our monthly charitable cause of American Cancer Society for Colon Cancer Awareness Month

Rebekka Mars will be leading March 8th, 2009 with a transformational sequence

By unifying the mind body and spirit through movement and breath, we connect to our own personal boundaries. As we work through dynamic and inspiring classes, we are able to overcome obstacles to achieve much deeper benefits of peace and prosperity within our lives.

By participating in the CommUNITY Classes, we are enhancing our surroundings through the avenues of karmic service. Serving organizations that do so much for Columbia, Missouri will benefit ourselves as we open the channels of giving and receiving. The ability to help organizations that research and resolve concerns of Cancer, Poverty, and the Environment will 100% revisit you within your life-time.

As a participant within these classes, the exchange will be:

- A transformational practice that blends mind body and spirit techniques achieving more physical awareness and growth
- Much deeper benefits for physical, mental, psychological, emotional and spiritual well-being
- Giving a percentage with a huge impact to local and national organizations working for the human condition
- Creating more abundance within your life by sharing in energetic circulation