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Neville takes you
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Lifestyle

Fri January 23rd 2009

Get Movin

Whether you say couch po-tay-toe or sofa po-taw-toe, you've been lounging too much. Winter's no excuse. Southtown Yoga is giving you a reason to get movin' this weekend. In commemoration of Yoga Day U.S.A., the South City studio is offering three 90-minute classes for the attractive price of free. Mats and equipment included. Afterwards, Southtown Yoga will be hosting a trunk show featuring active apparel from the Central West End boutique Lululemon. Everyone's welcome: yogis, novices, young, old – and yes, also sofa po-taw-toes.



Sauce pick: Celebrating Yoga Day U.S.A. with – what else? -- yoga
Where to get it: Sat., Jan. 24 – 7, 9 and/or 11 a.m. (trunk show from 1 to 4 p.m.), Southtown Yoga, 3719 S. Kingshighway Blvd., St. Louis
Info: 314.353.1004 or www.southtownyoga.com