


MasterCard PRESENTS  
**DINING OUT FOR LIFE®**


**THURSDAY,  
APRIL 24TH, 2008**

OZZIE SMITH,  
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KATHLEEN KILLION,  
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Lifestyle

Wed April 9th 2008

### Yoga Fundamentals

You want the memory of an elephant, not the body of one. Done any yoga lately?

Yep, yoga's pretty amazing for the mind and body, but are you sure you're striking the poses right? Sometimes it's hard to be sure – like when the class is so crowded you can't see your instructor. Calibrate your skills next Saturday at a special seminar offered at the new studio Southtown Yoga. Instructor Sarah Donoghue Devitre will be there to take you through the basics – even if you're a yogi veteran with strength of a tiger and the litheness of a gazelle.

**Sauce pick:** Yoga 101 workshop

**Where to get it:** Sat., April 12 – 1 to 3 p.m., Southtown Yoga, 3719 S. Kingshighway, St. Louis

**Info:** 314.353.1004 or [www.southtownyoga.com](http://www.southtownyoga.com)



**ST. LOUIS  
EARTH DAY  
FESTIVAL 2008**



**SUNDAY,  
APRIL 20, 2008**

11AM - 6PM  
FOREST PARK  
ON THE MUNY GROUNDS

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FREE!