

Special Sessions Coming In March



Belly Dance- **Dancing Your Goddess** involves healing, exploratory movement for body, mind, and spirit. This session starts March 19th, 5 weeks. Fridays 7-8pm. \$55



Guest Yoga Instructor- Sarah Kaczor, yoga teacher and trainer, visits us for this special class for students of all levels. Sarah's style combines traditional yogic philosophy with an American flare. In lieu of a class fee, Just Breathe and Sarah welcome donations of any amount to the 3 Peaks 3 Weeks 2011 Challenge, of which Sarah is a team member. This team of women is raising money and awareness for 3 peak issues in Africa: education, healthcare and environmentalism. Her team will complete this fundraising event by hiking the 3 highest peaks in Africa in 2011. Yoga class is March 10th from 5:15-6:15pm.



Mommy & Me Yoga- A special yoga class designed to let moms reconnect to their mind and body while baby shares and bonds with mom. Session starts March 18th, 5 weeks. Thursdays 4:15-5:15pm. \$50 per couple.



Workshop with Lori Peryer:

Sound Healing with Mantras and Physical Postures

Within the ancient practice of yoga, mantras have often been used in meditation and in conjunction with physical postures. Experience them both for yourself in this inspiring workshop. Saturday, March 27th, 11:00am-1:00pm. \$15

For questions or to register, call Just Breathe Yoga Studio @ 337-4860.

Enrollment is for complete session and fees are non-transferable or refundable. Class is subject to minimum and maximum participant numbers.