

Sessions, Events & Specials

In February 2012



- Core Strength- Get strong at the core with this popular class paying special attention to the core muscles (abs and back) while challenging the entire body with a variety of low impact conditioning techniques, such as Pilates. Instructed by Vickie Galster. Bring a yoga/fitness mat. Session starts Saturday, February 11th from 8:15-9:15am. 5 weeks, \$45. Pre-registration and payment required.



- Kick Boxing Boot Camp- Get in shape and feel empowered with this fun and intense class. Interval style combinations of kicks and punches alternate with strength and conditioning to make you sweat, recharge your mind, and tone your body. Bring a yoga/fitness mat, a water bottle, and a pair of clean sneakers to put on once in the building. Taught by Shelby Fox. Session starts Tuesday, February 14th from 5:30-6:30pm, 5 weeks. \$45. Pre-registration and payment required.



- Belly Dance- "**Dancing Your Goddess**" involves healing, exploratory movement for body, mind, and spirit. Earthy belly dance combines with energizing music, yoga, imagery, and more to create a unique experience for women. Wear loose, comfortable clothing. Led by Lori Peryer. Session starts Friday, February 24th from 7-8pm. 3 weeks, \$33. Pre-registration and payment required.



- Yoga Workshop w/ Lori Peryer, "Sound Healing with Mantras & 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 as we learn about sound, how we process it, and how it can be a powerful tool in your yoga practice. Please bring your yoga mat. Saturday, February 18th from 11am-1pm. \$20. Pre-registration and payment required.



- Valentine's Week Special- February 13th through 18th share a drop-in class with your loved one. Bring a spouse, family member, or friend with you to share the gift of a healthy mind and body. Your loved one is our guest for the class!

For ?s or to register, call Just Breathe Yoga Studio @ 337-4860. Enrollment is for full session. Fees are non-transferable or refundable. Sessions require pre-registration and are subject to minimum and maximum numbers.