

Specials & Sessions

Coming January 2012



- **Core Strength-** Get strong at the core! This class pays 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 January 7th. Saturdays 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 January 10th. Tuesdays 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 January 13th. Fridays from 7-8pm. 5 weeks, \$55. Pre-registration and payment required.



- **Mommy & Me Yoga-** A special class designed for both mom and infant to bond with. Gentle yoga postures care for mom while interactive positions engage baby and create healthy moments to remember. Bring a yoga mat. Session starts January 19th. Thursdays from 9:30-10:15am. 4 weeks, \$32 per couple. Pre-registration and payment required.
- **January Package Special-** During the month of January, take advantage of our reduced drop-in package rates. Purchase a package of 5 drop-in yoga or fitness classes for \$40 (normally \$45) or a package of 10 classes for \$70 (normally \$85.) Though this rate is available during the month of January, your package may be extended for up to six months of use. Drop-in classes may be viewed on our monthly calendar.

For questions or to register, call Just Breathe Yoga Studio at 337-4860 or email yoga@justbreatheyogastudio.com. Registration is for full session. Fees are non-transferable or refundable. Sessions require pre-registration and are subject to minimum and maximum numbers.