

# JUST BREATHE YOGA STUDIO

1918 N. James St. Rome, NY 13440

315-337-4860, www.justbreatheyogastudio.com

## March 2010

Classes posted on the calendar are on a drop-in basis with no pre-registration needed. Please call or visit us online for class descriptions, rates, etc.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	9:30am Yoga I Shelby 5:30pm Beginner Yoga Shelby 7:00pm Fusion Shelby	1 7:00pm Relaxing Yoga w/ Extended Meditation Shelby	2 9:30 am Yoga I Shelby	3 5:30pm Beginner-Yoga I Liz 7:00pm Yoga I/II Vickie	4 9:30am Yoga I/II Shelby 5:30pm Zumba Sue	5 9:30am Yoga I/II Lani
	7 9:30am Yoga I Shelby 5:30pm Beginner Yoga Kelly 7:00pm Fusion Shelby	8 7:00pm Relaxing Yoga w/ Extended Meditation Shelby	9 9:30 am Yoga I Shelby *Special Class (see below)	10 5:30pm Beginner-Yoga I Lani 7:00pm Yoga I/II Vickie	11 9:30am Yoga I/II Shelby 5:30pm Zumba Sue	12 9:30am Yoga I/II Liz 6:30pm Book Club Shelby
	14 9:30am Yoga I Shelby 5:30pm Beginner Yoga Kelly 7:00pm Fusion Shelby	15 7:00pm Relaxing Yoga w/ Extended Meditation Shelby	16 9:30 am Yoga I Shelby	17 *Special Session Start Date (see below) 5:30pm Beginner-Yoga I Liz 7:00pm Yoga I/II Vickie	18 9:30am Yoga I/II Shelby 5:30pm Zumba Sue *Special Session Start Date (see below)	19 9:30am Yoga I/II Lani
	21 9:30am Yoga I Shelby 5:30pm Beginner Yoga Shelby 7:00pm Fusion Shelby	22 7:00pm Relaxing Yoga w/ Extended Meditation Shelby	23 9:30 am Yoga I Shelby	24 5:30pm Beginner-Yoga I Lani 7:00pm Yoga I/II Vickie	25 9:30am Yoga I/II Shelby 5:30pm Zumba Sue	26 9:30am Yoga I/II Liz *Special Workshop (see below)
	28 9:30am Yoga I Shelby 5:30pm Beginner Yoga Kelly 7:00pm Fusion Shelby	29 7:00pm Relaxing Yoga w/ Extended Meditation Shelby	30 9:30 am Yoga I Shelby	31 9:30 am Yoga I Shelby	<b>Upcoming Special Classes &amp; Sessions</b> (*pre-registration required) <b>Guest Yoga Instructor Sarah Kaczor:</b> March 10th @ 5:15pm. No fee. Donations for 3 Peaks 3 Weeks Challenge welcome. <b>Mommy &amp; Me Yoga:</b> March 18th. Thurs. 4:15-5:15pm, 5 wks. \$50 <b>Dance Your Goddess (Belly Dance):</b> March 19th, Fri. 7-8pm. 5 wks. \$55 <b>Sound Healing Through Mantras &amp; Physical Postures Workshop:</b> Lead by Lori Peryer. March 27th, Sat. 11-1pm, \$15	