

Special Sessions & Events

In November 2011



- **Kick Boxing Boot Camp-** Stay in shape through the holidays 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, September 13th from 5:30-6:30pm, 5 weeks. \$45. Pre-registration and payment required.



- **Yoga Workshop, “Awaken to Your Inner Healer”-** Led by Lori Peryer, this workshop is designed to help you strengthen your own resources in order to maintain strength and wellness in life, body and soul. Using yoga, movement, meditation and discussion, fine tune your ability to be present to yourself, listen to your instincts and body, use meditation and quiet to aid in the healing process, and more. This workshop is for those new to yoga, experienced yoga practitioners, those looking to prevent illness or with current health issues. Wear loose, comfortable clothing and bring a yoga mat, Saturday, November 12th from 11am-1pm. \$20.



- **Extending our Just Breathe Family at the Holidays-** With help from our local Salvation Army, this year the Just Breathe community is “adopting” a family that could use a helping hand this season. Our goal is that all members have an individual gift and the family receives a full basket with all the trimmings for a festive and complete holiday meal. If you would like to be a part of the giving just ask. Call us at 337-4860 or email yoga@justbreatheyogastudio.com to find how you can help.

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.