

Special Sessions Coming In February



Belly Dance- **Dancing Your Goddess** involves healing, exploratory movement for body, mind, and spirit. This short session starts February 12th, 3 weeks, Fridays from 7-8pm. \$33.



Core Strength with Pilates- Prepare to work those abs! This class pays special attention to the core while working the entire body with a variety of low impact conditioning techniques, such as Pilates. Starts February 13th, 5 weeks, Saturdays from 8:15-9:15am, \$45.



YOGA 101- Have you ever wondered... Where does yoga come from? Why are there so many kinds of yoga and how do they differ? Why meditate? How do these things really help my body or mind? Find out this and more in this educational class designed to share basic information about the history and practice of yoga. Tuesday, February 16th, 1 day, 5:00-6:30pm, \$10.



Kid's Yoga Day! - Just right for a cold winter break! This fun and animated class works posture, balance, and mindfulness. Don't be surprised to hear a roar during Lion's Pose or see a Cobra on the move! February 17th, 1 day, 1-3pm, \$12. Ages 4-8 years. Includes a healthy snack.



Kick Boxing Boot Camp- Jump start your new year with this fun and intense class. Interval style combinations of common kicks and punches alternate with strength and conditioning to make you sweat, recharge your mind, and tone the body. Starts February 23rd, 5 weeks, Tuesdays from 5:30-6:30pm, \$45.

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.