



# JANUARY 2018

Celebrating 5 years Under Current Ownership!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1		2 9:30 am Beginner's Yoga-Nicole 10:45am Yin Yoga *-Nicole 5:30 pm Yoga I-Nicole 6:45 pm Yin Yoga <i>w/candlelight*</i> -Nicole	3 9:30 am Slow Flow Yoga*-Nicole 4:00 pm Yin/Yang Yoga* -Nicole 5:30pm <i>The Natural Breath YTT***</i>	4 9:30 am Beginner's Yoga-Nicole 5:15 pm Slow Flow Yoga I/II*-Nicole 7:00 pm Pilates -Vickie	5 9:30 am Yoga I/II-Vickie	6 9:30 am All Levels Yoga -Liz 10:45 am Yin Yoga *-Nicole 11am <i>Just Breathe &amp; Read Book Club</i>
7 4:00 pm All Levels Yoga-Liz	8 9:30 am Yoga I-Vickie 5:30 pm Beginner's Yoga-Nicole 6:45 pm Slow Flow Yoga*-Nicole	9 9:30 am Beginner's Yoga-Nicole 10:45am Yin Yoga *-Nicole 5:30 pm Yoga I-Nicole 6:45 pm Yin Yoga <i>w/candlelight*</i> -Nicole	10 9:30 am Slow Flow Yoga*-Nicole 4:00 pm Yin/Yang Yoga* -Nicole <b>(5:30pm What the Prop?? Workshop-Nicole)</b>	11 9:30 am Beginner's Yoga-Nicole 10:45 am Mid-Morning Mindful Meditation-Nicole 5:15 pm Slow Flow Yoga I/II*-Nicole 7:00 pm Pilates -Vickie	12 9:30 am Yoga I/II-Vickie 5:30 pm <i>Relax &amp; Renew w/Candlelight*</i> -Nicole	13 9:30 am All Levels Yoga -Liz 10:45 am Yin Yoga*-Nicole 12:30-5pm <i>The Natural Breath YTT</i>
14 4:00 pm All Levels Yoga-Liz	15 9:30 am Yoga I-Vickie <b>( 5:30 pm Fundamentals &amp; Essentials for a Better Practice-Nicole)</b> 6:45 pm Slow Flow Yoga*-Nicole	16 9:30 am Beginner's Yoga-Nicole 5:30 pm <i>Yin Nidra with candlelight**</i> -Nicole	17 9:30 am Slow Flow Yoga*-Nicole 4:00 pm Yin/Yang Yoga* -Nicole 5:30pm <i>The Natural Breath YTT***</i>	18 9:30 am Beginner's Yoga-Nicole 10:45 am Mid-Morning Mindful Meditation-Nicole 5:15 pm Slow Flow Yoga I/II*-Nicole 7:00 pm Pilates -Vickie	19 9:30 am Yoga I/II-Vickie	20 9:30 am All Levels Yoga -Liz 10:45am-5pm <i>The Natural Breath YTT</i>
21 4:00 pm All Levels Yoga-Liz	22 9:30 am Yoga I-Vickie <b>( 5:30 pm Fundamentals &amp; Essentials for a Better Practice-Nicole)</b> 6:45 pm Slow Flow Yoga*-Nicole	23 9:30 am Beginner's Yoga-Nicole 10:45am Yin Yoga *-Nicole 5:30 pm Yoga I-Nicole 6:45 pm Yin Yoga <i>w/candlelight*</i> -Nicole	24 9:30 am Slow Flow Yoga*-Nicole 4:00 pm Yin/Yang Yoga* -Nicole	25 9:30 am Beginner's Yoga-Nicole 10:45 am Mid-Morning Mindful Meditation-Nicole 5:15 pm Slow Flow Yoga I/II*-Nicole 7:00 pm Pilates -Vickie	26 9:30 am Yoga I/II-Vickie 5:30 pm <i>Relax &amp; Renew w/Candlelight*</i> -Nicole	27 9:30 am All Levels Yoga -Liz 10:45 am Yin Yoga*-Nicole 12:30-5pm <i>The Natural Breath YTT</i>
28 4:00 pm All Levels Yoga-Liz	29 9:30 am Yoga I-Vickie <b>( 5:30 pm Fundamentals &amp; Essentials for a Better Practice-Nicole)</b> 6:45 pm Slow Flow Yoga*-Nicole	30 9:30 am Beginner's Yoga-Nicole 10:45am Yin Yoga *-Nicole 5:30 pm <i>Blissful Restorative-Nicole**</i>	31 9:30 am Slow Flow Yoga*-Nicole 4:00 pm Yin/Yang Yoga* -Nicole 5:30pm <i>The Natural Breath YTT***</i>	<b>DROP-IN CLASSES (DAILY, WEEKLY OR MONTHLY) DO NOT REQUIRE PRE-REGISTRATION.</b> ----- <b>(SPECIAL SESSIONS, EVENTS &amp; WORKSHOPS)</b> <i>PRE-REGISTRATION REQUIRED.</i>		<a href="http://www.justbreatheyogastudio.com">www.justbreatheyogastudio.com</a> Like Us on Facebook: <a href="https://www.facebook.com/justbreatheyogastudiolorme">justbreatheyogastudiolorme</a>
				<i>*75-90 min class **2 hour class ***2 1/2 hour class</i>		

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## NEW YEAR'S SAVINGS EVENT

**START 2017 OUT RIGHT WITH YOGA!**

**Lowest Prices of the year on Drop-In Class Packages!\***

Offer ends January 31, 2017 \*Excludes Auto-Pay

