


APRIL 2018

Celebrating 5 years Under Current Ownership!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> 	<p>2</p> <p>9:30 am Yoga I-Vickie 4:15pm Mindful Yoga & Meditation-Colleen 5:30 pm Beginner's Yoga-Nicole (6:45 pm Journey through the Chakras Series*-Nicole)</p>	<p>3</p> <p>9:30 am Beginner's Yoga-Nicole 10:45am Yin Yoga *-Nicole 5:30 pm Core Yoga-Vickie 6:45 pm Yin Yoga*-Nicole</p>	<p>4</p> <p>9:30 am Slow Flow Yoga*-Nicole 4:00 pm Yin/Yang Yoga* -Nicole 5:30 pm Yoga Teacher Training Information Session 5:45pm Yoga I-Gabby</p>	<p>5</p> <p>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</p>	<p>6</p> <p>9:30 am Yoga I/II-Vickie (11:00am Mommy & Baby Yoga-Nicole)</p>	<p>7</p> <p>9:30 am All Levels Yoga -Liz 10:45 am Yin Yoga *-Nicole Noon-Just Breathe & Read Book Club</p>
<p>8</p> <p>4:00 pm All Levels Yoga-Alanna</p>	<p>9</p> <p>9:30 am Yoga I-Vickie 4:15pm Mindful Yoga & Meditation-Colleen 5:30 pm Beginner's Yoga-Nicole 6:45 pm Slow Flow*-Nicole</p>	<p>10</p> <p>9:30 am Beginner's Yoga-Nicole 10:45am Yin Yoga *-Nicole 5:30 pm Core Yoga-Vickie 6:45 pm Yin Yoga*-Nicole</p>	<p>11</p> <p>9:30 am Slow Flow Yoga*-Nicole 4:00 pm Yin/Yang Yoga* -Nicole 5:45pm Yoga I-Gabby</p>	<p>12</p> <p>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</p>	<p>13</p> <p>9:30 am Yoga I/II-Vickie (11:00am Mommy & Baby Yoga-Nicole)</p>	<p>14</p> <p>9:30 am All Levels Yoga -Colleen 10:45 am Yin Yoga *-Nicole Noon Yoga Teacher Training Information Session</p>
<p>15</p> <p>4:00 pm All Levels Yoga-Liz</p>	<p>16</p> <p>9:30 am Yoga I-Vickie 4:15pm Mindful Yoga & Meditation-Colleen 5:30 pm Beginner's Yoga-Nicole 6:45 pm Slow Flow*-Nicole</p>	<p>17</p> <p>9:30 am Beginner's Yoga-Nicole 10:45am Yin Yoga *-Nicole 5:30 pm Core Yoga-Vickie 6:45 pm Yin Yoga*-Nicole</p>	<p>18</p> <p>9:30 am Slow Flow Yoga*-Nicole (11:00 am Aromatherapy Yoga*-Vickie) 4:00 pm Yin/Yang Yoga* -Nicole 5:45pm Yoga I-Colleen</p>	<p>19</p> <p>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</p>	<p>20</p> <p>9:30 am Yoga I/II-Vickie (11:00am Mommy & Baby Yoga-Nicole)</p>	<p>21</p> <p>9:30 am All Levels Yoga -Liz 10:45 am Yin Yoga *-Nicole</p>
<p>22</p> <p>4:00 pm All Levels Yoga-Liz</p>	<p>23</p> <p>9:30 am Yoga I-Vickie (5:30 pm Flow & Let Go Yoga For Earth Day Class*** -Nicole)</p>	<p>24</p> <p>9:30 am Beginner's Yoga-Nicole 10:45am Yin Yoga *-Nicole 5:30 pm Core Yoga-Vickie 6:45 pm Yin Yoga*-Nicole</p>	<p>25</p> <p>9:30 am Slow Flow Yoga*-Nicole 4:00 pm Yin/Yang Yoga* -Nicole 5:45pm Yoga I-Liz</p>	<p>26</p> <p>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</p>	<p>27</p> <p>9:30 am Yoga I/II-Vickie (11:00am Mommy & Baby Yoga-Nicole)</p>	<p>28</p> <p>9:30 am All Levels Yoga -Liz 10:45 am Yin Nidra*-Nicole</p>
<p>29</p> <p>4:00 pm All Levels Yoga-Liz</p>	<p>30</p> <p>9:30 am Yoga I-Vickie 4:15pm Mindful Yoga & Meditation-Colleen 5:30 pm Beginner's Yoga-Nicole 6:45 pm Slow Flow*-Nicole</p>	<p style="text-align: center;">DROP-IN CLASSES (DAILY, WEEKLY OR MONTHLY) DO NOT REQUIRE PRE-REGISTRATION. (SPECIAL SESSIONS, EVENTS & WORKSHOPS) <u>PRE-REGISTRATION REQUIRED.</u></p>				

*75-90 min class
**2 hour class
***2 1/2 hour class

Welcome Spring Savings

1918 N. JAMES ST. ROME, NY 13440

315-337-4860

yoga@justbreatheyogastudio.com

www.justbreatheyogastudio.com



10% off Drop-In Class Packages**

**Excludes Auto-Pay Packages. Offer Ends April 30th, 2018

