

JUNE 2018

Celebrating 5 years Under Current Ownership!



Just Breathe Yoga Studio

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

**DROP-IN CLASSES
(DAILY, WEEKLY OR MONTHLY)
DO NOT REQUIRE PRE-REGISTRATION.
(SPECIAL SESSIONS, EVENTS & WORKSHOPS)
PRE-REGISTRATION REQUIRED.**

**Like Us on Facebook:
justbreatheyogastudirome**

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

3
9:30 am Vinyasa Yoga-Nicole
4:00 pm All Levels Yoga-Alanna

4
9:30 am Yoga I-Vickie
(11:00 AM Take a Seat Chair Yoga-Nicole)
4:15pm Mindful Yoga & Meditation-Colleen
5:30 pm Beginner's Yoga-Nicole
6:45 pm Slow Flow Yoga I/II*-Nicole

5
9:30 am Beginner's Yoga-Nicole
10:45am Yin Yoga *-Nicole
4:00 pm Yoga Basics-Nicole
5:30 pm Core Yoga-Vickie
6:45 pm Yin Yoga*-Nicole

6
9:30 am Slow Flow Yoga*-Nicole
4:00 pm Yin/Yang Yoga* -Nicole
5:30pm Yoga I-Gabby
5:30-8 pm Yoga Teacher Training-Nicole

7
9:30 am Beginner's Yoga-Nicole
10:45 am Mid-Morning Mindful Meditation-Nicole
4:00 pm Gentle Yoga-Ceil
5:15 pm Slow Flow Yoga I/II*-Nicole
7:00 pm Pilates -Vickie

1
9:30 am Yoga I/II-Vickie
(11:00am Mommy & Baby Yoga-Nicole)
5:30-8 pm Yoga Teacher Training-Nicole

2
9:00 am All Levels Yoga -Gabby
9:30 am-3:30 pm Yoga Teacher Training-Nicole
10:15 am Yin/Yang Yoga *-Nicole

10
9:30 am Vinyasa Yoga-Liz
4:00 pm All Levels Yoga-Alanna

11
9:30 am Yoga I-Vickie
(11:00 AM Take a Seat Chair Yoga-Nicole)
4:15pm Mindful Yoga & Meditation-Colleen
5:30 pm Beginner's Yoga-Nicole
6:45 pm Slow Flow Yoga I/II*-Nicole

12
9:30 am Beginner's Yoga-Nicole
10:45am Yin Yoga *-Nicole
4:00 pm Yoga Basics-Nicole
5:30 pm Core Yoga-Vickie
6:45 pm Yin Nidra for Full Moon*-Nicole

13
9:30 am Slow Flow Yoga*-Nicole
4:00 pm Yin/Yang Yoga* -Nicole
5:30pm Yoga I-Gabby
5:45pm Just Breathe & Read Book Club

14
9:30 am Beginner's Yoga-Nicole
10:45 am Mid-Morning Mindful Meditation-Nicole
4:00 pm Gentle Yoga-Ceil
5:15 pm Slow Flow Yoga I/II*-Nicole
7:00 pm Pilates -Vickie

15
9:30 am Yoga I/II-Vickie
(11:00am Mommy & Baby Yoga-Nicole)

16
9:00 am All Levels Yoga - Gabby
10:15 am Yin/Yang Yoga *-Nicole
(11:45 am Pull Up a Chair & Stretch Awhile, Practice Yoga with a Chair*-Nicole)



17
9:30 am Yoga I-Vickie
(11:00 AM Take a Seat Chair Yoga-Nicole)
4:15pm Mindful Yoga & Meditation-Colleen
5:30 pm Beginner's Yoga-Nicole
6:45 pm Slow Flow Yoga I/II*-Nicole

18
9:30 am Beginner's Yoga-Nicole
10:45am Yin Yoga *-Nicole
4:00 pm Yoga Basics-Nicole
5:30 pm Core Yoga-Vickie
6:45 pm Yin Yoga*-Nicole

19
9:30 am Slow Flow Yoga*-Nicole
4:00 pm Yin/Yang Yoga* -Nicole
5:30pm Yoga I-Gabby
5:30-8 pm Yoga Teacher Training-Nicole

20
9:30 am Beginner's Yoga-Nicole
10:45 am Mid-Morning Mindful Meditation-Nicole
4:00 pm Gentle Yoga-Ceil
5:15 pm Slow Flow Yoga I/II*-Nicole
7:00 pm Pilates -Vickie

21
9:30 am Yoga I/II-Vickie
(11:00am Mommy & Baby Yoga-Nicole)

22
9:00 am All Levels Yoga - Liz
10:15 am Yin/Yang Yoga *-Nicole

24
9:30 am Vinyasa Yoga-Liz
4:00 pm All Levels Yoga-Alanna

25
9:30 am Yoga I-Vickie
(11:00 AM Take a Seat Chair Yoga-Nicole)
4:15pm Mindful Yoga & Meditation-Colleen
5:30 pm Beginner's Yoga-Mary
6:45 pm Slow Flow Yoga I/II*-Nicole

26
9:30 am Beginner's Yoga-Mary
10:45am Yin Yoga *-Nicole
4:00 pm Yoga Basics-Nicole
5:30 pm Core Yoga-Vickie
6:45 pm Yin Yoga*-Nicole

27
9:30 am Slow Flow Yoga*-Mary
4:00 pm Yin/Yang Yoga* -Nicole
5:30pm Yoga I-Gabby

28
9:30 am Beginner's Yoga-Mary
10:45 am Mid-Morning Mindful Meditation-Nicole
4:00 pm Gentle Yoga-Ceil
5:15 pm Slow Flow Yoga I/II*-Nicole
7:00 pm Pilates -Vickie

29
9:30 am Yoga I/II-Vickie
(11:00am Mommy & Baby Yoga-Nicole)

30
9:00 am All Levels Yoga -Mary
9:30 am-3:30 pm Yoga Teacher Training-Nicole
10:15 am Yin/Yang Yoga *-Nicole

1918 N. JAMES ST. ROME, NY 13440

315-337-4860

yoga@justbreatheyogastudio.com
www.justbreatheyogastudio.com



Summertime Savings

Savings off Select Unlimited packages:

\$15 off- 3 month; \$25 off-6 month & \$50 off-One Year

Offer Ends August 31st, 2018

