



Just Breathe Yoga Studio

AUGUST 2018

Celebrating 13 YEARS in Business THIS Month!!

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.		1 (6:30 am Sunrise Yoga-Colleen) 9:30 am Slow Flow Yoga*-Nicole 4:00 pm Yin/Yang Yoga* -Nicole (5:00 pm Yoga on the Lawn at RACC-Mary) 5:30pm Yoga I-Nicole 5:30-8 pm Yoga Teacher Training-Nicole	2 9:30 am Beginner's Yoga-Nicole (10:45 am Prenatal Yoga Series-Nicole) 4:00 pm Gentle Yoga-Ceil 5:15 pm Slow Flow Yoga I/II*-Nicole 7:00 pm Pilates-Vickie	3 9:30 am Yoga I/II-Vickie (11:00am Mommy & Baby Yoga-Nicole)	4 9:00 am All Levels Yoga -Liz (10:00 am Slopeside Yoga at Woods Valley-Nicole)	
5 9:30 am Vinyasa Yoga-Liz 4:00 pm All Levels Yoga-Alanna	6 9:30 am Yoga I-Vickie 4:15pm Mindful Yoga & Meditation-Colleen 5:30 pm Beginner's Yoga-Gabby 6:45 pm Slow Flow Yoga I/II*-Nicole	7 9:30 am Beginner's Yoga-Nicole 10:45am Yin Yoga *-Nicole (4:15 PM Take a Seat Chair Yoga-Nicole) 5:30 pm Partner Yoga*-Nicole	8 (6:30 am Sunrise Yoga-Gabby) 9:30 am Slow Flow Yoga*-Nicole 4:00 pm Yin/Yang Yoga* -Nicole 5:30pm Yoga I- Gabby	9 9:30 am Beginner's Yoga-Nicole (10:45 am Prenatal Yoga Series-Nicole) 4:00 pm Gentle Yoga-Ceil 5:15 pm Slow Flow Yoga I/II*-Nicole 7:00 pm Pilates-Vickie	10 9:30 am Yoga I/II-Vickie (11:00am Mommy & Baby Yoga-Nicole)	11 9:30 am Meet the Trainees Karma Community Yoga Class** 11:30am-4pm Yoga Teacher Training
12 9:30 am Yin/Yang Yoga* -Nicole 4:00 pm All Levels Yoga-Alanna	13 9:30 am Yoga I-Vickie 4:15pm Mindful Yoga & Meditation-Colleen 5:30 pm Beginner's Yoga-Gabby 6:45 pm Slow Flow Yoga I/II*-Nicole	14 9:30 am Beginner's Yoga-Nicole 10:45am Yin Yoga *-Nicole (4:15 PM Take a Seat Chair Yoga-Nicole) 5:30 pm Yin Nidra**-Nicole	15 (6:30 am Sunrise Yoga-Colleen) 9:30 am Slow Flow Yoga*-Nicole 4:00 pm Yin/Yang Yoga* -Nicole 5:30pm Yoga I- Nicole 5:30-8 pm Yoga Teacher Training-Nicole	16 9:30 am Beginner's Yoga-Nicole (10:45 am Prenatal Yoga Series-Nicole) 4:00 pm Gentle Yoga-Ceil 5:15 pm Slow Flow Yoga I/II*-Nicole 7:00 pm Pilates-Vickie	17 9:30 am Yoga I/II-Vickie (11:00am Mommy & Baby Yoga-Nicole)	18 9:00 am All Levels Yoga - Nicole 9:30am-3:30pm Yoga Teacher Training 10:15 am Yin/Yang Yoga *-Nicole
19 9:30 am Vinyasa Yoga-Gabby 4:00 pm All Levels Yoga-	20 9:30 am Yoga I-Vickie 4:15pm Mindful Yoga & Meditation-Colleen 5:30 pm Beginner's Yoga-Gabby 6:45 pm Slow Flow Yoga I/II*-Nicole	21 9:30 am Beginner's Yoga-Nicole 10:45am Yin Yoga *-Nicole (4:15 PM Take a Seat Chair Yoga-Nicole) 5:30 pm Yoga I-Gabby 6:45 pm Yin Yoga*-Nicole	22 (6:30 am Sunrise Yoga-Gabby) 9:30 am Slow Flow Yoga*-Nicole NO EVENING CLASSES **YTT Final Exam night**	23 9:30 am Beginner's Yoga-Nicole (10:45 am Prenatal Yoga Series-Nicole) 4:00 pm Gentle Yoga-Ceil 5:15 pm Slow Flow Yoga I/II*-Nicole 7:00 pm Pilates-Vickie	24 9:30 am Yoga I/II-Vickie (11:00am Mommy & Baby Yoga-Nicole)	25 9:30am Blissful Restorative**-Nicole
26 9:30 am Vinyasa Yoga-Liz 4:00 pm All Levels Yoga-Alanna	27 9:30 am Yoga I-Vickie 4:15pm Mindful Yoga & Meditation-Colleen 5:30 pm Beginner's Yoga-Gabby 6:45 pm Slow Flow Yoga I/II*-Nicole	28 9:30 am Beginner's Yoga-Nicole 10:45am Yin Yoga *-Nicole (4:15 PM Take a Seat Chair Yoga-Nicole) 5:30 pm Yoga I-Gabby 6:45 pm Yin Yoga*-Nicole	29 HAPPY 13th ANNIVERSARY JBYS !!! (6:30 am Sunrise Yoga-Gabby) 9:30 am Slow Flow Yoga*-Nicole 4:00 pm Yin/Yang Yoga* -Nicole 5:30 pm YTT Graduation Day!	30 9:30 am Beginner's Yoga-Nicole (10:45 am Prenatal Yoga Series-Nicole) 4:00 pm Gentle Yoga-Ceil 5:15 pm Slow Flow Yoga I/II*-Nicole 7:00 pm Pilates-Vickie	31 <div style="border: 1px solid black; padding: 5px; text-align: center;"> Like Us on Facebook: justbreatheyogastudiore </div> <p style="text-align: center;">CLOSED</p>	

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

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Summertime Savings

Savings off Select Unlimited packages:

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Offer Ends August 31st, 2018

