



Just Breathe Yoga Studio

OCTOBER 2018

Established 2005. Under Current Ownership Since 2013.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY							
1	7:00 am Sunrise Yoga- Sandy 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	2	9:30 am Beginner's Yoga-Yuki 5:30 pm Yoga II Flow* -Vickie	3	9:30 am Slow Flow Yoga*-Yuki 12:10 pm Midday Yoga-Sandy 4:00 pm Yin/Yang Yoga* -Nicole 5:30pm Yoga I-Gabby 6:45 pm Mellow Evening Flow-Judy	4	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	5	9:30 am Yoga I/II-Vickie (11:00am Mommy & Baby Yoga-Nicole)	6	9:30 am All Levels Yoga - Liz 10:45 am Yin Nidra**-Nicole		
7	9:30 am Vinyasa Yoga-Liz 4:00 pm All Levels Yoga-Sandy	8	7:00 am Sunrise Yoga- Sandy 9:30 am Yoga I-Vickie 5:30 pm Relax & Renew with candlelight**	9	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 II Flow* -Nicole 7:00 pm Yin Yoga <i>with candlelight</i> *-Nicole	10	9:30 am Slow Flow Yoga*-Yuki 12:10 pm Midday Yoga-Sandy 4:00 pm Yin/Yang Yoga* -Nicole 5:30pm Yoga I-Yuki 6:45 pm Mellow Evening Flow-Judy	11	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	12	9:30 am Yoga I/II-Vickie (11:00am Mommy & Baby Yoga-Nicole) (5:30 pm Relax & Renew Sunset Yoga @ Woods Valley-Nicole)	13	9:30 am All Levels Yoga - Liz 10:45 am Yin/Yang Yoga *-Nicole (12:30pm-2:30pm Move into Stillness: Pranayama & Meditation-Nicole)
14	9:30 am Vinyasa Yoga-Liz 4:00 pm All Levels Yoga-Yuki	15	7:00 am Sunrise Yoga- Sandy 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	16	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 II Flow* -Nicole 7:00 pm Yin Yoga <i>with candlelight</i> *-Nicole	17	9:30 am Slow Flow Yoga*-Yuki 12:10 pm Midday Yoga-Sandy 4:00 pm Yin/Yang Yoga* -Nicole 5:30pm Yoga I-Gabby 5:30pm Just Breathe & Read Book Club 6:45 pm Mellow Evening Flow-Judy	18	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/III*-Nicole 7:00 pm Pilates-Vickie	19	9:30 am Yoga I/II-Vickie (11:00am Mommy & Baby Yoga-Nicole)	20	9:30 am All Levels Yoga - Liz
21	9:30 am Vinyasa Yoga-Liz 4:00 pm All Levels Yoga-Alanna	22	7:00 am Sunrise Yoga- Sandy 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	23	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 II Flow* -Nicole 7:00 pm Yin Yoga <i>with candlelight</i> *-Nicole	24	9:30 am Slow Flow Yoga*-Maleficient 12:10 pm Midday Yoga-Prof. Minerva McGonagall 4:00 pm Yin/Yang Yoga* -Elphaba 5:30pm Yoga I-Prof. Minerva McGonagall 6:45 pm Mellow Evening Flow-Sarah Sanderson	25	9:30 am Beginner's Yoga-Elphaba 10:45 am Mid-morning Mindful Meditation-Elphaba 4:00 pm Gentle Yoga-Bessie Dunlop 5:15 pm Slow Flow Yoga I/II*-Elphaba 7:00 pm Pilates-Helga Hufflepuff	26	9:30 am Yoga I/II-Helga Hufflepuff (11:00am Mommy & Baby Yoga-Elphaba)	27	9:30 am All Levels Yoga - Tituba 10:45 am Yin/Yang Yoga *-Elphaba (12:30 pm Fundamentals & Essentials for a Better Practice-Nicole)
28	9:30 am Vinyasa Yoga-Tituba 4:00 pm All Levels Yoga-Aradia, Goddess of Witches	29	7:00 am Sunrise Yoga- Prof. Minerva McGonagall 9:30 am Yoga I-Helga Hufflepuff 4:15pm Mindful Yoga & Meditation- Agnes Sampson 5:30 pm Beginner's Yoga-Winifred Sanderson 6:45 pm Slow Flow Yoga I/II*-Elphaba	30	9:30 am Beginner's Yoga-Elphaba 10:45am Yin Yoga *-Elphaba (4:15 PM Take a Seat Chair Yoga-Elphaba) 5:30 pm Yoga II Flow* -Elphaba 7:00 pm Yin Yoga <i>with candlelight</i> *-Elphaba	31	9:30 am Slow Flow Yoga*-Maleficient 12:10 pm Midday Yoga-Prof. Minerva McGonagall NO EVENING CLASSES 	<div data-bbox="1234 1040 1470 1105" data-label="Text"> <p>Like Us on Facebook: justbreatheyogastudiolorme</p> </div> <div data-bbox="1367 1187 1499 1243" data-label="Text"> <p>*75-90 min class **2 hour class ***2 1/2 hour class</p> </div>		<div data-bbox="1528 1040 2024 1187" data-label="Text"> <p>DROP-IN CLASSES (DAILY, WEEKLY OR MONTHLY) DO NOT REQUIRE PRE-REGISTRATION. (SPECIAL SESSIONS, EVENTS & WORKSHOPS) <i>PRE-REGISTRATION REQUIRED.</i></p> </div>			

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Fall Savings Event

All Drop-in Class Packages on Sale*!
See Price list for details.

* Excludes Auto-pays Offer ends November 30th

