



# February 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1918 N. JAMES ST. ROME, NY 13440</p> <p><b>315-337-4860</b></p> <p>yoga@justbreatheyogastudio.com</p> <p>www.justbreatheyogastudio.com</p>		<p>Like Us on Facebook: <b>justbreatheyogastudirome</b></p> <p>*75-90 min class **2 hour class ***2 1/2 hour class</p>		<p>9:30 am Yoga I/II-Mary</p>	<p>9:30 am All Levels Yoga - Liz 10:45 am Yoga II Flow *-Nicole</p>
<p>9:30 am Vinyasa Yoga-Liz 4:00 pm Mindful Flow Yoga-Alanna</p>	<p>9:30 am Yoga I-Sandy 4:00 pm Yin/Yang Yoga* -Nicole 5:30 pm Beginner's Yoga-Gabby 6:45 pm Slow Flow Yoga I/II*-Nicole</p>	<p>9:30 am Beginner's Yoga-Nicole <b>(4:15 PM Take a Seat Chair Yoga-Nicole)</b> 5:30 pm Flex &amp; Flow Yoga- Colleen 6:45 pm Yin Yoga <i>with candlelight</i>*-Nicole</p>	<p>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</p>	<p>9:30 am Beginner's Yoga-Nicole 10:45am Yin Yoga *-Nicole 4:15 pm Gentle Yoga-Ceil 5:30 pm Slow Flow Yoga I/II*-Nicole</p>	<p>9:30 am Yoga I/II-Yuki <b>(11:00am Mommy &amp; Baby Yoga-Nicole)</b> <b>(12:30pm Tiny Tots Yoga-Nicole)</b></p>
<p>9:30 am Vinyasa Yoga-Liz 4:00 pm Mindful Flow Yoga-Alanna</p>	<p>9:30 am Yoga I-Sandy 4:00 pm Yin/Yang Yoga* -Nicole 5:30 pm Beginner's Yoga-Gabby 6:45 pm Slow Flow Yoga I/II*-Nicole</p>	<p>9:30 am Beginner's Yoga-Nicole <b>(4:15 PM Take a Seat Chair Yoga-Nicole)</b> 5:30 pm Flex &amp; Flow Yoga- Colleen 6:45 pm Yin Yoga <i>with candlelight</i>*-Nicole</p>	<p>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</p>	<p>9:30 am Beginner's Yoga-Nicole 10:45am Yin Yoga *-Nicole 4:15 pm Gentle Yoga-Ceil 5:30 pm Heart Opening Flow for Valentine's Day-Nicole</p>	<p>9:30 am Yoga I/II-Yuki <b>(11:00am Mommy &amp; Baby Yoga-Nicole)</b> <b>(12:30pm Tiny Tots Yoga-Nicole)</b></p>
<p>9:30 am Vinyasa Yoga-Liz 4:00 pm Partner Yoga*-Nicole</p>	<p>9:30 am Yoga I-Sandy <b>(5:30pm Mindfulness &amp; Meditation, an insightful exploration **-Nicole)</b></p>	<p>9:30 am Beginner's Yoga-Nicole <b>(4:15 PM Take a Seat Chair Yoga-Nicole)</b> 5:30 pm Flex &amp; Flow Yoga- Colleen 6:45 pm Yin Nidra <i>with candlelight</i>*-Nicole</p>	<p>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 <b>5:30 pm Yoga Teacher Training Info Session</b> 6:45 pm Mellow Evening Flow-Judy</p>	<p>9:30 am Beginner's Yoga-Nicole 10:45 am Yin Yoga *-Nicole 4:15 pm Gentle Yoga-Ceil 5:30 pm Slow Flow Yoga I/III*-Nicole</p>	<p>9:30 am All Levels Yoga - Liz 10:45 am Yoga II Flow *-Nicole <b>(12:30 pm Master Class: Yin Yoga for Yoga Teachers-Nicole)</b></p>
<p>9:30 am Vinyasa Yoga-Liz 4:00 pm Mindful Flow Yoga-Alanna</p>	<p>9:30 am Yoga I-Sandy 4:00 pm Yin/Yang Yoga* -Nicole 5:30 pm Beginner's Yoga-Gabby 6:45 pm Slow Flow Yoga I/II*-Nicole</p>	<p>9:30 am Beginner's Yoga-Nicole <b>(4:15 PM Take a Seat Chair Yoga-Nicole)</b> 5:30 pm Flex &amp; Flow Yoga- Colleen 6:45 pm Yin Yoga <i>with candlelight</i>*-Nicole</p>	<p>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</p>	<p><b>Share the Love of Yoga Week</b> <b>Feb 10th thru 17th</b> Bring your spouse, partner or friend to any DROP-IN class no extra charge for your guest!</p>	

 **SHARE THE LOVE OF YOGA WEEK 10TH-17TH** 

**LOVE of Yoga Savings...**  
**15% off ALL Unlimitd Drop-In Class Packages\***  
**Offer ends February 28th, 2019**

\*15% taken off FIRST month ONLY on NEW 1 year & 6 month auto-pay packages. Offer NOT valid on existing auto-pay packages and ONLY applicable for unlimited packages.