

Established 2005. Celebrating 15 years in Business in 2020.

# JANUARY 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>DROP-IN CLASSES DAILY, WEEKLY OR MONTHLY DO NOT REQUIRE PRE-REGISTRATION.</b></p> <p><b>(SPECIAL SESSIONS, EVENTS &amp; WORKSHOPS)</b></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>1 10:30 am Detox Flow for the New Year*-Nicole</p> 	<p>2 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>3 9:30 am Yoga I/II-Yuki <b>(11:00am Mommy &amp; Baby Yoga-Nicole)</b> <b>(12:30pm Tiny Tots Yoga-Nicole)</b> 5:30 pm 1st Friday of 2020 Organic Flow Yoga with candlelight*-Nicole</p>	<p>4 9:30 am All Levels Yoga -Sarah 9:45 am Just Breathe &amp; Read Book Club Special Edition 10:45 am Unwind Yoga-Michele</p>
<p>5 9:30 am Vinyasa Yoga-Liz 4:00 pm Mindful Flow Yoga-Alanna</p>	<p>6 9:30 am Yoga I-Sandy 4:00 pm Mellow Flow Yoga* -Nicole 5:30 pm Beginner's Yoga-Gabby 6:45 pm Yoga II Flow *-Nicole</p>	<p>7 9:30 am Beginner's Yoga-Nicole <b>(4:15 PM Take a Seat Chair Yoga-Nicole)</b> 5:30 pm Mindful Yoga &amp; Meditation-Colleen 6:45 pm Yin Yoga with candlelight*-Nicole</p>	<p>8 9:30 am Slow Flow Yoga*-Yuki 12:10 pm Midday Yoga-Sandy 4:00 pm Yin/Yang Yoga* - Nicole 5:30pm Yoga I-Nicole 6:45 pm Core Yoga-Sarah</p>	<p>9 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>10 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>11 9:30 am All Levels Yoga -Liz 10:45 am Unwind Yoga-Michele <b>(12 Noon-Family Yoga-Nicole)</b></p>
<p>12 9:30 am Vinyasa Yoga-Liz <b>(4:00 pm Blissful Restorative Yoga with Yoga Nidra*-Nicole)</b></p>	<p>13 9:30 am Yoga I-Sandy 4:00 pm Mellow Flow Yoga* -Nicole 5:30 pm Beginner's Yoga-Gabby 6:45 pm Yoga II Flow *-Nicole</p>	<p>14 9:30 am Beginner's Yoga-Nicole <b>(4:15 PM Take a Seat Chair Yoga-Nicole)</b> 5:30 pm Mindful Yoga &amp; Meditation-Colleen 6:45 pm Yin Yoga with candlelight*-Nicole</p>	<p>15 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 Core Yoga-Sarah</p>	<p>16 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>17 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>18 9:30 am All Levels Yoga - Liz <b>(10am-3pm Yin Yoga for Yoga Teachers &amp; anyone curious to understand Yin*-Nicole)</b> 10:45 am Unwind Yoga-Michele</p>
<p>19 9:30 am Vinyasa Yoga-Liz <b>(11am-2:30pm Yin Yoga for Yoga Teachers &amp; anyone curious to understand Yin*-Nicole)</b> 4:00 pm Mindful Flow Yoga-Alanna</p>	<p>20 9:30 am Yoga I-Sandy <b>(5:30 pm Yoga Essentials &amp; Fundamentals for a Better Practice Workshop*-Nicole)</b></p>	<p>21 9:30 am Beginner's Yoga-Nicole <b>(4:15 PM Take a Seat Chair Yoga-Nicole)</b> 5:30 pm Mindful Yoga &amp; Meditation-Colleen 6:45 pm Yin Yoga with candlelight*-Nicole</p>	<p>22 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 Core Yoga-Sarah</p>	<p>23 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>24 9:30 am Yoga I/II-Yuki <b>(11:00am Mommy &amp; Baby Yoga-Nicole)</b> <b>(12:30pm Tiny Tots Yoga-Nicole)</b> 5:30pm Relax &amp; Renew with Candlelight*-Nicole</p>	<p>25 9:30 am All Levels Yoga -Liz 10:45 am Unwind Yoga-Michele <b>(12pm Prenatal Yoga-Nicole)</b></p>
<p>26 9:30 am Vinyasa Yoga-Liz 4:00 pm Mindful Flow Yoga-Gabby</p>	<p>27 9:30 am Yoga I-Sandy 4:00 pm Mellow Flow Yoga* -Nicole 5:30 pm Beginner's Yoga-Gabby 6:45 pm Yoga II Flow *-Nicole</p>	<p>28 9:30 am Beginner's Yoga-Nicole <b>(4:15 PM Take a Seat Chair Yoga-Nicole)</b> 5:30 pm Mindful Yoga &amp; Meditation-Colleen 6:45 pm Yin Yoga with candlelight*-Nicole</p>	<p>29 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 Core Yoga-Sarah</p>	<p>30 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>31 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>	



**Lowest Prices of The Year Savings Event**

See Reverse. Details available Online, at the Studio.

\*\*Offer Ends January 31st, 2020  
Some restrictions may apply.

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**Just Breathe Yoga Studio**