



Established 2005. Celebrating 15 years in Business in 2020

FEBRUARY 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1918 N. JAMES ST. ROME, NY 13440 315-337-4860 yoga@justbreatheyogastudio.com www.justbreatheyogastudio.com</p>		<p>DROP-IN CLASSES DAILY, WEEKLY OR MONTHLY DO NOT REQUIRE PRE-REGISTRATION.</p> <p>(SPECIAL SESSIONS, EVENTS & WORKSHOPS)</p>		<p>Like Us on Facebook: justbreatheyogastudiorome</p> <p><small>**75-90 min class **2 hour class ***2 1/2 hour class</small></p>	<p>9:30 am All Levels Yoga -Liz 10:45 am Unwind Yoga-Michele (12pm Prenatal Yoga-Nicole)</p>
<p>2 9:30 am Vinyasa Yoga-Liz 4:00 pm Mindful Flow Yoga-Alanna</p>	<p>3 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>4 9:30 am Beginner's Yoga-Nicole (4:15 PM Take a Seat Chair Yoga-Nicole) 5:30 pm Mindful Yoga & Meditation-Colleen 6:45 pm Yin Yoga with candlelight*-Nicole</p>	<p>5 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>6 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>7 9:30 am Yoga I/II-Yuki (11:00am Mommy & Baby Yoga-Nicole) (5:30 pm 1st Friday Class: Blissful Restorative & Yoga Nidra with candlelight for the Full Moon**-Nicole)</p>
<p>9 9:30 am Vinyasa Yoga-Liz 4:00 pm Mindful Flow Yoga-Alanna</p>	<p>10 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>11 9:30 am Beginner's Yoga-Nicole (4:15 PM Take a Seat Chair Yoga-Nicole) 5:30 pm Mindful Yoga & Meditation-Colleen 6:45 pm Yin Yoga with candlelight*-Nicole</p>	<p>12 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>13 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>14 9:30 am Yoga I/II-Yuki (11:00am Mommy & Baby Yoga-Nicole)</p>
<p>SHARE THE LOVE OF YOGA WEEK 10TH-17TH</p>					
<p>16 9:30 am Vinyasa Yoga-Yuki 4:00 pm Mindful Flow Yoga-Gabby</p>	<p>17 9:30 am Yoga I-Sandy (5:15 pm Heart Opening Flow & Let Go***-Nicole)</p>	<p>18 9:30 am Beginner's Yoga-Nicole (4:15 PM Take a Seat Chair Yoga-Nicole) 5:30 pm Mindful Yoga & Meditation-Colleen 6:45 pm Yin Yoga with candlelight*-Nicole</p>	<p>19 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>20 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>21 9:30 am Yoga I/II-Yuki (11:00am Mommy & Baby Yoga-Nicole)</p>
<p>23 9:30 am Vinyasa Yoga-Yuki 4:00 pm Mindful Flow Yoga-Alanna</p>	<p>24 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>25 9:30 am Beginner's Yoga-Nicole (4:15 PM Take a Seat Chair Yoga-Nicole) 5:30 pm Mindful Yoga & Meditation-Colleen 6:45 pm Yin Yoga with candlelight*-Nicole</p>	<p>26 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-Yuki</p>	<p>27 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>28 9:30 am Yoga I/II-Yuki (11:00am Mommy & Baby Yoga-Nicole) (12:30pm Tiny Tots Yoga-Nicole) 5:30pm Relax & Renew with Candlelight*-Nicole</p>



Check Your Inbox TODAY for a SPECIAL Leap Year Savings Offer Ends Saturday Feb. 29th!

Share the Love of Yoga Week

Feb 10th thru 17th

Bring your spouse, partner or friend to any DROP-IN class no extra charge for your guest!

* up to 2 guests (\$5 for additional)



10% Off, \$10 Refer a Friend Offer

See Reverse for details, also available at studio & online. Offer Ends December 31, 2020

Sign Up for a 6 month or One Year Auto-Pay Package, Receive \$15**

See Reverse for Details, also available Online, at the Studio.

****Offer Ends February 29th, 2020**

Some restrictions may apply.