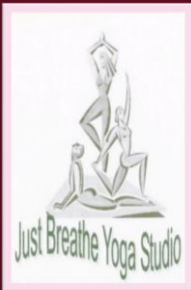


2017

NOVEMBER



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Rome, NY 13440

PHONE:
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Email:
yoga@justbreatheyogastudio.com

SUN	MON	TUE	WED	THU	FRI	SAT
29	30 <i>*75-90 min class **2 hour class ***2 1/2 hour class</i>	31	1 9:30 am Slow Flow Yoga*-Nicole 4:00 pm Yin/Yang Yoga* -Nicole 5:30pm The Natural Breath YTT***	2 9:30 am Beginner's Yoga-Nicole 10:45 am Mid-Morning Mindful Meditation-Nicole 5:15 pm Slow Flow Yoga I/II*-Nicole 7:00 pm Pilates -Vickie	3 9:30 am Yoga I/II-Vickie 5:30 pm Relax & Renew w/Candlelight*-Nicole	4 9:30 am All Levels Yoga -Liz 10:45 am Yin Yoga*-Nicole 12:30-5pm The Natural Breath YTT
5 4:00 pm All Levels Yoga-Liz	6 9:30 am Yoga I-Vickie 5:30 pm Beginner's Yoga-Nicole (6:45 pm Prenatal Yoga-Nicole)	7 9:30 am Beginner's Yoga-Nicole 10:45am Yin Yoga *-Nicole 5:30 pm Yoga I-Nicole 6:45 pm Yin Yoga w/candlelight*-Nicole	8 9:30 am Slow Flow Yoga*-Nicole 4:00 pm Yin/Yang Yoga* -Nicole 5:30pm The Natural Breath YTT***	9 9:30 am Beginner's Yoga-Nicole 10:45 am Mid-Morning Mindful Meditation-Nicole 5:15 pm Slow Flow Yoga I/II*-Nicole 7:00 pm Pilates -Vickie	10 9:30 am Yoga I/II-Vickie	11 9:30 am All Levels Yoga -Liz 10:45 am Yin Yoga*-Nicole (12:30pm What the Prop?? Workshop*-Nicole)
12 4:00 pm All Levels Yoga-Liz	13 9:30 am Yoga I-Vickie 5:30 pm Beginner's Yoga-Nicole (6:45 pm Prenatal Yoga-Nicole)	14 9:30 am Beginner's Yoga-Nicole 10:45am Yin Yoga *-Nicole 5:30 pm Yoga I-Nicole 6:45 pm Yin Yoga w/candlelight*-Nicole	15 9:30 am Slow Flow Yoga*-Nicole 4:00 pm Yin/Yang Yoga* -Nicole 5:30pm The Natural Breath YTT***	16 9:30 am Beginner's Yoga-Nicole (10:45 am Make Your Own Beauty Products-Vicki) (5:30 pm Make Your Own Beauty Products-Vicki) 7:00 pm Pilates -Vickie	17 9:30 am Yoga I/II-Vickie 5:30 pm Relax & Renew w/Candlelight*-Nicole	18 9:30 am All Levels Yoga -Liz 10:45 am Yin Yoga*-Nicole 12:30-5pm The Natural Breath YTT
19 4:00 pm All Levels Yoga-Liz	20 <i>Appreciation Days</i> 9:30 am Yoga I-Vickie 5:30 pm Gratitude Yoga & Metta Meditation*-Nicole	21 <i>Appreciation Days</i> 9:30 am Beginner's Yoga-Nicole (5:30 pm Blissful Restorative Yoga w/candlelight** -Nicole)	22 9:30 am Slow Flow Yoga*-Nicole	23 CLOSED	24 CLOSED	25 CLOSED
26 CLOSED	27 9:30 am Yoga I-Vickie 5:30 pm Beginner's Yoga-Nicole 6:45 pm Slow Flow Yoga*-Nicole	28 9:30 am Beginner's Yoga-Nicole 10:45am Yin Yoga *-Nicole 5:30 pm Yoga I-Nicole 6:45 pm Yin Yoga w/candlelight*-Nicole	29 9:30 am Slow Flow Yoga*-Nicole 4:00 pm Yin/Yang Yoga* -Nicole 5:30pm The Natural Breath YTT***	30 9:30 am Beginner's Yoga-Nicole 10:45 am Mid-Morning Mindful Meditation-Nicole 5:15 pm Slow Flow Yoga I/II*-Nicole 7:00 pm Pilates -Vickie	1	2

FALL SAVINGS EVENT

Special Pricing on ALL Drop-class packages!
Offer Ends November 30th, 2017 *Excludes One Year AUTO PAY

