

2017

SEPTEMBER



1918 N James St
Rome, NY 13440
PHONE:
315-337-4860
Email:
yoga@justbreatheyogastudio.com

www.justbreatheyogastudio.com
Like Us on Facebook:
justbreatheyogastudiorome

*75-90 min class
**2 hour class
***2 1/2 hour class

SUN	MON	TUE	WED	THU	FRI	SAT
DROP-IN CLASSES (DAILY, WEEKLY OR MONTHLY) DO NOT REQUIRE PRE-REGISTRATION. SPECIAL SESSIONS, EVENTS & WORKSHOPS <u>PRE-REGISTRATION REQUIRED.</u>					1 9:30 am Yoga I/II-Vickie	2 CLOSED
3 CLOSED	4 CLOSED	5 9:30 am Beginner's Yoga-Nicole 5:30 pm Yoga I-Nicole 6:45 pm Yin Yoga*-Nicole	6 9:30 am Slow Flow Yoga*-Nicole 4:00 pm Yin/Yang Yoga* -Nicole (7:00 pm Make Your Own Beauty Products-Vicki)	7 9:30 am Beginner's Yoga-Nicole 10:45 am Mid-Morning Mindful Meditation-Nicole 5:15 pm Slow Flow Yoga I/II*-Nicole	8 9:30 am Yoga I/II-Nicole	9 9:30 am All Levels Yoga -Liz 10:45 am Yin Yoga*-Nicole
10 4:00 pm All Levels Yoga-Liz	11 9:30 am Yoga I-Nicole 5:30 pm Beginner's Yoga-Nicole 6:45 pm Slow Flow Yoga*-Nicole	12 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	13 9:30 am Slow Flow Yoga*-Mary 4:00 pm Yin/Yang Yoga* -Nicole 5:30pm Yoga Essentials & Fundamentals**-Nicole	14 9:30 am Beginner's Yoga-Mary 10:45 am Mid-Morning Mindful Meditation-Nicole 5:15 pm Slow Flow Yoga I/II*-Mary	15 9:30 am Yoga I/II-Mary	16 9:30 am All Levels Yoga -Liz 10:45 am Yin Yoga*-Nicole
17 4:00 pm All Levels Yoga-Liz	18 9:30 am Yoga I-Nicole 5:30 pm Beginner's Yoga-Nicole 6:45 pm Slow Flow Yoga*-Nicole	19 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	20 9:30 am Slow Flow Yoga*-Nicole 4:00 pm Yin/Yang Yoga* -Nicole 5:30 pm Yin Nidra w/candlelight**-Nicole	21 9:30 am Beginner's Yoga-Nicole 10:45 am Mid-Morning Mindful Meditation-Nicole 5:15 pm Mindful Yoga & Metta Meditation for Peace*-Nicole 7:00 pm Pilates -Vickie	22 9:30 am Yoga I/II-Vickie 5:30pm The Natural Breath YTT**	23 9:30 am Blissful Restorative** -Nicole 12:30-5pm The Natural Breath YTT
24 4:00 pm All Levels Yoga-Liz	25 9:30 am Yoga I-Vickie 5:30 pm Beginner's Yoga-Nicole 6:45 pm Slow Flow Yoga*-Nicole	26 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	27 9:30 am Slow Flow Yoga*-Nicole 4:00 pm Yin/Yang Yoga* -Nicole 5:30pm The Natural Breath YTT***	28 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	29 9:30 am Yoga I/II-Vickie 5:30 pm Relax & Renew w/Candlelight*-Nicole	30 9:30 am All Levels Yoga -Liz 10:45 am Yin Yoga*-Nicole 12:30-5pm The Natural Breath YTT

FALL SAVINGS EVENT

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

