



FEBRUARY 2018

Celebrating 5 years Under Current Ownership!

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Share the Love of Yoga Week

Feb 11th 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)



4
4:00 pm All Levels Yoga-Liz

5
9:30 am Yoga I-Vickie
5:30 pm Beginner's Yoga-Nicole
6:45 pm Slow Flow Yoga*-Nicole

6
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

7
9:30 am Slow Flow Yoga*-Nicole
4:00 pm Yin/Yang Yoga* -Nicole
5:30pm *The Natural Breath YTT***

8
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

9
9:30 am Yoga I/II-Vickie

10
9:30 am All Levels Yoga -Liz
10:45 am Yin Yoga*-Nicole
12:30-5pm *The Natural Breath YTT*

11
4:00 pm All Levels Yoga-Liz

12
9:30 am Yoga I-Vickie
5:30 pm Beginner's Yoga-Nicole
(6:45 pm Partner Yoga*-Nicole)

13
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

14
9:30 am Slow Flow Yoga*-Nicole
4:00 pm Yin/Yang Yoga* -Nicole

15
9:30 am Beginner's Yoga-Nicole
5:15 pm Slow Flow Yoga I/II*-Nicole
7:00 pm Pilates -Vickie

16
9:30 am Yoga I/II-Vickie
5:30 pm *Relax & Renew w/Candlelight*-Nicole*

17
9:30 am All Levels Yoga -Liz
10:45 am Yin Yoga *-Nicole
(12:15pm Move into Stillness-Pranayama & Meditation Workshop-Nicole)**



SHARE THE LOVE OF YOGA WEEK 11TH-17TH



18
4:00 pm All Levels Yoga-Liz

19
9:30 am Yoga I-Vickie
NO EVENING CLASSES

20
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

21
9:30 am Slow Flow Yoga*-Nicole
4:00 pm Yin/Yang Yoga* -Nicole
5:30pm *The Natural Breath YTT***

22
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

23
9:30 am Yoga I/II-Vickie

24
9:30 am Meet the Trainees Karma Community Yoga Class**
12:30-5pm *The Natural Breath YTT*

25
4:00 pm All Levels Yoga-Liz

26
9:30 am Yoga I-Vickie
5:30 pm Beginner's Yoga-Nicole
(6:45 pm Journey through the Chakras Series*-Nicole)

27
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

28
9:30 am Slow Flow Yoga*-Nicole
4:00 pm Yin/Yang Yoga* -Nicole

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

**DROP-IN CLASSES
(DAILY, WEEKLY OR MONTHLY)
DO NOT REQUIRE PRE-REGISTRATION.
(SPECIAL SESSIONS, EVENTS & WORKSHOPS)
PRE-REGISTRATION REQUIRED.**

1918 N. JAMES ST. ROME, NY 13440

315-337-4860

yoga@justbreatheyogastudio.com

www.justbreatheyogastudio.com

Love of Yoga SAVINGS

15% off Unlimited Drop in Class Packages*

* One Year, Auto Pay Excluded

Offer ends February 28th, 2017