



**Just Breathe Yoga Studio**

# MAY 2018

*Celebrating 5 years Under Current Ownership!*

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## SATURDAY

Like Us on Facebook:  
justbreatheyogastudiome

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

6  
9:30 am Vinyasa Yoga-Liz  
4:00 pm All Levels Yoga-Alanna

7  
9:30 am Yoga I-Vickie  
4:15pm Mindful Yoga & Meditation- Colleen  
5:30 pm Beginner's Yoga-Nicole  
(6:45 pm Preteen/Teen yoga-Nicole)

8  
9:30 am Beginner's Yoga-Nicole  
10:45am Yin Yoga \*-Nicole  
5:30 pm Core Yoga-Vickie  
6:45 pm Yin Yoga\*-Nicole

9  
9:30 am Slow Flow Yoga\*-Nicole  
4:00 pm Yin/Yang Yoga\* -Nicole  
5:30pm Yoga I-Gabby  
5:45pm Just Breathe & Read Book Club

10  
9:30 am Beginner's Yoga-Nicole  
10:45 am Mid-Morning Mindful Meditation-Nicole  
4:00 pm Gentle Yoga-Ceil  
5:15 pm Slow Flow Yoga I/II\*-Nicole  
7:00 pm Pilates -Vickie

11  
9:30 am Yoga I/II-Vickie  
(11:00am Mommy & Baby Yoga-Nicole)

12  
9:30 am All Levels Yoga -Liz  
(10:45 am Little Movers Yoga-Nicole)



14  
9:30 am Yoga I-Vickie  
4:15pm Mindful Yoga & Meditation- Colleen  
5:30 pm Beginner's Yoga-Nicole  
(6:45 pm Preteen/Teen yoga-Nicole)

15  
9:30 am Beginner's Yoga-Nicole  
10:45am Yin Yoga \*-Nicole  
5:30 pm (A) Core Yoga-Vickie  
5:35 pm (C) Just Be Monthly Meditation for the New Moon- Nicole  
6:45 pm Yin Yoga\*-Nicole

16  
9:30 am Slow Flow Yoga\*-Nicole  
4:00 pm Yin/Yang Yoga\* -Nicole  
5:30pm Yoga I-Gabby  
(6:45pm Aromatherapy Yoga\*-Vickie)

17  
9:30 am Beginner's Yoga-Nicole  
10:45 am Mid-Morning Mindful Meditation-Nicole  
4:00 pm Gentle Yoga-Ceil  
5:15 pm Slow Flow Yoga I/II\*-Nicole  
7:00 pm Pilates -Vickie

18  
9:30 am Yoga I/II-Vickie  
(11:00am Mommy & Baby Yoga-Nicole)

19  
9:30 am All Levels Yoga -Liz  
(10:45 am Little Movers Yoga-Nicole)  
11:45 am Yin/Yang Yoga\*-Nicole  
(1:30 pm Family Yoga-Nicole)

20  
9:30 am Vinyasa Yoga-Liz  
4:00 pm All Levels Yoga-Alanna

21  
9:30 am Yoga I-Vickie  
4:15pm Mindful Yoga & Meditation- Colleen  
5:30 pm Beginner's Yoga-Nicole  
(6:45 pm Preteen/Teen yoga-Nicole)

22  
9:30 am Beginner's Yoga-Nicole  
10:45am Yin Yoga \*-Nicole  
5:30 pm Core Yoga-Vickie  
6:45 pm Yin Yoga\*-Nicole

23  
9:30 am Slow Flow Yoga\*-Nicole  
4:00 pm Yin/Yang Yoga\* -Nicole  
5:30pm Yoga I-Gabby

24  
9:30 am Beginner's Yoga-Nicole  
10:45 am Mid-Morning Mindful Meditation-Nicole  
4:00 pm Gentle Yoga-Ceil  
5:15 pm Slow Flow Yoga I/II\*-Nicole  
7:00 pm Pilates -Vickie

25  
**CLOSED**

26  
**CLOSED**

27  
**CLOSED**



29  
9:30 am Beginner's Yoga-Nicole  
10:45am Yin Yoga \*-Nicole  
5:30 pm Core Yoga-Vickie  
6:45 pm Yin Nidra for Full Moon\*- Nicole

30  
9:30 am Slow Flow Yoga\*-Nicole  
4:00 pm Yin/Yang Yoga\* -Nicole  
5:30pm Yoga I-Gabby

31  
9:30 am Beginner's Yoga-Nicole  
10:45 am Mid-Morning Mindful Meditation-Nicole  
4:00 pm Gentle Yoga-Ceil  
5:15 pm Slow Flow Yoga I/II\*-Nicole  
7:00 pm Pilates -Vickie

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

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## Summertime Savings

*Savings off Select Unlimited packages:*

**\$15 off- 3 month; \$25 off-6 month & \$50 off-One Year**

**Offer Ends August 31st, 2018**

