



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
***2 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)



13
9:30 am Vinyasa Yoga-Liz
4:00 pm All Levels Yoga-Alanna

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

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

27
CLOSED

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

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

23
9:30 am Slow Flow Yoga*-Nicole
4:00 pm Yin/Yang Yoga* -Nicole
5:30pm Yoga I-Gabby
(6:45pm Aromatherapy Yoga*-Vickie)

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

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

25
CLOSED

26
CLOSED

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.**

1918 N. JAMES ST. ROME, NY 13440

315-337-4860

yoga@justbreatheyogastudio.com

www.justbreatheyogastudio.com



Summertime Savings

Savings off Select Unlimited packages:

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

Offer Ends August 31st, 2018

