



SEPTEMBER 2018

Established 2005. Under Current Ownership Since 2013.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	1918 N. JAMES ST. ROME, NY 13440 315-337-4860 yoga@justbreatheyogastudio.com www.justbreatheyogastudio.com		DROP-IN CLASSES (DAILY, WEEKLY OR MONTHLY) DO NOT REQUIRE PRE-REGISTRATION. ----- (SPECIAL SESSIONS, EVENTS & WORKSHOPS) <u>PRE-REGISTRATION REQUIRED.</u>		Like Us on Facebook: justbreatheyogastudirome	CLOSED	
					*75-90 min class **2 hour class ***2 1/2 hour class		
2	CLOSED	CLOSED	3 9:30 am Beginner's Yoga-Nicole 10:45am Yin Yoga *-Nicole (4:15 PM Take a Seat Chair Yoga-Nicole) 5:30 pm Yoga II Flow*-Nicole 7:00 pm Yin Yoga*-Nicole	4 9:30 am Slow Flow Yoga*-Yuki 4:00 pm Yin/Yang Yoga* -Nicole 5:30pm Yoga I-Gabby	5 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	6 9:30 am Yoga I/II-Vickie (11:00am Mommy & Baby Yoga-Nicole) (6:30pm Relax & Renew Sunset Yoga @Woods Valley Ski Area-Nicole)	7 9:30 am All Levels Yoga - Liz 10:45 am Yin/Yang Yoga *-Nicole
9	9:30 am Vinyasa Yoga-Liz 4:00 pm All Levels Yoga-Alanna	10 9:30 am Yoga I-Vickie (10:45 am Prenatal Yoga Series-Nicole) 4:15pm Mindful Yoga & Meditation-Colleen 5:30 pm Beginner's Yoga-Gabby 6:45 pm Slow Flow Yoga I/II*-Nicole	11 9:30 am Beginner's Yoga-Nicole 10:45am Yin Yoga *-Nicole (4:15 PM Take a Seat Chair Yoga-Nicole) 5:30 pm Yoga II Flow* -Nicole 7:00 pm Yin Yoga with candlelight* -Nicole	12 (7:00 am Sunrise Yoga-Gabby) 9:30 am Slow Flow Yoga*-Yuki 4:00 pm Yin/Yang Yoga* -Nicole 5:30pm Yoga I- Gabby	13 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	14 9:30 am Yoga I/II-Vickie (11:00am Mommy & Baby Yoga-Nicole)	15 9:30 am All Levels Yoga -Liz (10:00 am Stretch & Sip @Copper City Brewing-Nicole)
16	9:30 am Vinyasa Yoga-Liz 4:00 pm All Levels Yoga-Alanna	17 9:30 am Yoga I-Vickie (10:45 am Prenatal Yoga Series-Nicole) 4:15pm Mindful Yoga & Meditation-Colleen 5:30 pm Beginner's Yoga-Gabby 6:45 pm Slow Flow Yoga I/II*-Nicole	18 9:30 am Beginner's Yoga-Nicole 10:45am Yin Yoga *-Nicole (4:15 PM Take a Seat Chair Yoga-Nicole) 5:30 pm Yoga II Flow* -Nicole 7:00 pm Yin Yoga with candlelight* -Nicole	19 (7:00am Sunrise Yoga-Sandy) 9:30 am Slow Flow Yoga*-Yuki 12:10 pm Midday Yoga-Sandy 4:00 pm Yin/Yang Yoga* -Nicole 5:30pm Yoga I-Gabby 5:30pm Just Breathe & Read Book Club 6:45 pm Mellow Evening Flow-Judy	20 9:30 am Beginner's Yoga-Nicole 10:45 am Mid-morning Mindful Meditation-Nicole 4:00 pm Gentle Yoga-Ceil 5:30 pm Slow Flow Yoga I/III* -Nicole	21 9:30 am Yoga I/II-Gabby (11:00am Mommy & Baby Yoga-Nicole) 5:30 pm FREE Mindful Yoga & Metta Meditation with Sound*-Nicole	22 9:30 am All Levels Yoga - Yuki 10:45 am Yin/Yang Yoga *-Nicole (12:30pm What the Prop? -Nicole)
23	(9:30am Blissful Restorative**-Nicole) 4:00 pm All Levels Yoga-Sandy	24 9:30 am Yoga I-Sandy 4:15pm Mindful Yoga & Meditation-Colleen 5:30 pm Beginner's Yoga-Gabby 6:45 pm Slow Flow Yoga I/II*-Nicole	25 9:30 am Beginner's Yoga-Nicole 10:45am Yin Yoga *-Nicole (4:15 PM Take a Seat Chair Yoga-Nicole) 5:30 pm Yoga II Flow* -Nicole 7:00 pm Yin Yoga with candlelight* -Nicole	26 (7:00 am Sunrise Yoga-Gabby) 9:30 am Slow Flow Yoga*-Yuki 12:10 pm Midday Yoga-Sandy 4:00 pm Yin/Yang Yoga* -Nicole 5:30pm Yoga I-Gabby 6:45 pm Mellow Evening Flow-Judy	27 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*-Mary 7:00 pm Pilates-Vickie	28 9:30 am Yoga I/II-Vickie (11:00am Mommy & Baby Yoga-Nicole)	29 9:30 am All Levels Yoga -Mary 10:45 am Yin/Yang Yoga *-Nicole 11:00 am-5:00 pm JBYS at Taste of Rome @Rome Art & Community Center
30	9:30 am Vinyasa Yoga-Liz 4:00 pm All Levels Yoga-Mary						<h2 style="color: #C00000;">Fall Savings Event</h2> <h3 style="color: #C00000;">All Drop-in Class Packages on Sale*!</h3> <h3 style="color: #C00000;">See Price list for details.</h3> <p style="color: #C00000;">* Excludes Auto-pays Offer ends November 30th</p>