



# NOVEMBER 2018

Established 2005. Under Current Ownership Since 2013.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY			
<b>DROP-IN CLASSES (DAILY, WEEKLY OR MONTHLY) DO NOT REQUIRE PRE-REGISTRATION.</b> (SPECIAL SESSIONS, EVENTS & WORKSHOPS) <u>PRE-REGISTRATION REQUIRED.</u>		Like Us on Facebook: <a href="https://www.facebook.com/justbreatheyogastudiorome">justbreatheyogastudiorome</a>		*75-90 min class **2 hour class ***2 1/2 hour class		1 9:30 am Beginner's Yoga-Nicole 4:00 pm Gentle Yoga-Ceil 5:15 pm Slow Flow Yoga I/II*-Nicole 7:00 pm Pilates-Vickie		2 9:30 am Yoga I/II-Vickie (11:00am Mommy & Baby Yoga-Nicole)		3 9:30 am All Levels Yoga - Liz 10:45 am Yin/Yang Yoga *-Nicole			
4 9:30 am Vinyasa Yoga-Liz 4:00 pm All Levels Yoga-Sandy		5 7:00 am Sunrise Yoga- Sandy 9:30 am Yoga I-Vickie 4:15pm Mindful Yoga & Meditation-Colleen 5:30 pm Beginner's Yoga-Gabby 6:45 pm Slow Flow Yoga I/II*-Nicole		6 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 <i>with candlelight</i> *-Nicole		7 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		8 9:30 am Beginner's Yoga-Nicole 4:00 pm Gentle Yoga-Ceil 5:15 pm Slow Flow Yoga I/II*-Nicole 7:00 pm Pilates-Vickie		9 9:30 am Yoga I/II-Vickie (11:00am Mommy & Baby Yoga-Nicole)		10 9:30 am All Levels Yoga - Liz 10:45 am Yin/Yang Yoga *-Nicole	
11 9:30 am Vinyasa Yoga-Liz 4:00 pm All Levels Yoga-Alanna		12 7:00 am Sunrise Yoga- Sandy 9:30 am Yoga I-Vickie (5:30 pm What the Prop? Workshop-Nicole)		13 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 <i>with candlelight</i> *-Nicole		14 9:30 am Slow Flow Yoga*-Yuki 12:10 pm Midday Yoga-Sandy 4:00 pm Yin/Yang Yoga* -Nicole 5:30pm Yoga I-Yuki 6:45 pm Mellow Evening Flow-Judy		15 9:30 am Beginner's Yoga-Nicole 4:00 pm Gentle Yoga-Ceil 5:15 pm Slow Flow Yoga I/II*-Nicole 7:00 pm Pilates-Vickie		16 9:30 am Yoga I/II-Vickie (11:00am Mommy & Baby Yoga-Nicole)		17 9:30 am All Levels Yoga - Liz 10:45 am Yin/Yang Yoga *-Nicole	
18 9:30 am Vinyasa Yoga-Liz 4:00 pm All Levels Yoga-Alanna		<i>Appreciation Days</i> 7:00 am Sunrise Yoga- Sandy 9:30 am Yoga I-Vickie 4:15pm Mindful Yoga & Meditation-Colleen 5:30 pm Beginner's Yoga-Gabby 6:45 pm Yin/Yang Yoga*-Nicole		<i>Appreciation Days</i> 9:30 am Beginner's Yoga-Nicole 10:45am Yin Yoga *-Nicole 5:30 pm Slow Flow Yoga I/II *-Nicole		21 9:30 am Slow Flow Yoga*-Yuki NO EVENING CLASSES		CLOSED 		CLOSED 		CLOSED 	
25 CLOSED 		26 7:00 am Sunrise Yoga- Sandy 9:30 am Yoga I-Vickie 4:15pm Mindful Yoga & Meditation-Colleen 5:30 pm Beginner's Yoga-Gabby 6:45 pm Slow Flow Yoga I/II*-Nicole		27 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 <i>with candlelight</i> *-Nicole		28 9:30 am Slow Flow Yoga*-Yuki 12:10 pm Midday Yoga-Sandy 4:00 pm Yin/Yang Yoga* -Nicole 5:30pm Yoga I-Sandy 6:45 pm Mellow Evening Flow-Judy		29 9:30 am Beginner's Yoga-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 Yoga I/II-Vickie			

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## Fall Savings Event

All Drop-in Class Packages on Sale\*!  
 See Price list for details.

\* Excludes Auto-pays Offer ends November 30th