



NOVEMBER 2018

Established 2005. Under Current Ownership Since 2013.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY			
<p>DROP-IN CLASSES (DAILY, WEEKLY OR MONTHLY) DO NOT REQUIRE PRE-REGISTRATION.</p> <p>(SPECIAL SESSIONS, EVENTS & WORKSHOPS) <i>PRE-REGISTRATION REQUIRED.</i></p>		<p>Like Us on Facebook: justbreatheyogastudiorome</p>		<p>*75-90 min class **2 hour class ***2 1/2 hour class</p>		<p>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</p>		<p>2 9:30 am Yoga I/II-Vickie (11:00am Mommy & Baby Yoga-Nicole)</p>		<p>3 9:30 am All Levels Yoga - Liz 10:45 am Yin/Yang Yoga *-Nicole</p>			
						<p>4 9:30 am Vinyasa Yoga-Liz 4:00 pm All Levels Yoga-Sandy</p>		<p>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</p>		<p>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</p>		<p>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</p>	
<p>11 9:30 am Vinyasa Yoga-Liz 4:00 pm All Levels Yoga-Alanna</p>		<p>12 7:00 am Sunrise Yoga- Sandy 9:30 am Yoga I-Vickie (5:30 pm What the Prop? Workshop-Nicole)</p>		<p>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</p>		<p>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</p>		<p>15 9:30 am Beginner's Yoga-Nicole 4:00 pm Gentle Yoga-Ceil 5:15 pm Slow Flow Yoga II/III*-Nicole 7:00 pm Pilates-Vickie</p>		<p>16 9:30 am Yoga I/II-Vickie (11:00am Mommy & Baby Yoga-Nicole)</p>		<p>17 9:30 am All Levels Yoga - Liz 10:45 am Yin/Yang Yoga *-Nicole</p>	
<p>18 9:30 am Vinyasa Yoga-Liz 4:00 pm All Levels Yoga-Alanna</p>		<p>19 <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</p>		<p>20 <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</p>		<p>21 9:30 am Slow Flow Yoga*-Yuki NO EVENING CLASSES</p>		<p>22 CLOSED </p>		<p>23 CLOSED </p>		<p>24 CLOSED </p>	
<p>25 CLOSED </p>		<p>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</p>		<p>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</p>		<p>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</p>		<p>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</p>		<p>30 9:30 am Yoga I/II-Vickie</p>			

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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