



NOVEMBER 2018

Established 2005. Under Current Ownership Since 2013.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DROP-IN CLASSES (DAILY, WEEKLY OR MONTHLY) DO NOT REQUIRE PRE-REGISTRATION. (SPECIAL SESSIONS, EVENTS & WORKSHOPS) <i>PRE-REGISTRATION REQUIRED.</i>		Like Us on Facebook: justbreatheyogastudiolorome			
		*75-90 min class **2 hour class ***2 1/2 hour class	1 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	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 (12:30 pm Fundamentals & Essentials for a Better Practice-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 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 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	10 9:30 am All Levels Yoga - Liz 10:45 am Yin/Yang Yoga *-Nicole (12:30 pm Fundamentals & Essentials for a Better Practice-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 <i>What the Prop? Workshop*-Nicole</i>)	13 9:30 am Beginner's Yoga-Nicole 10:45am Yin 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 10:45 am Mid-morning Mindful Meditation-Nicole 4:00 pm Gentle Yoga-Ceil 5:15 pm Slow Flow Yoga II/III*-Nicole 7:00 pm Pilates-Vickie	17 9:30 am All Levels Yoga - Liz 10:45 am Yin/Yang Yoga *-Nicole (12:30 pm Fundamentals & Essentials for a Better Practice-Nicole)
18 9:30 am Vinyasa Yoga-Liz 4:00 pm All Levels Yoga-Alanna	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 Slow Flow Yoga I/II*-Nicole	20 <i>Appreciation Days</i> 9:30 am Beginner's Yoga-Nicole 10:45am Yin Yoga *-Nicole 5:30 pm Yoga II Flow* -Nicole 7:00 pm Yin Yoga <i>with candlelight*</i> -Nicole	21 9:30 am Slow Flow Yoga*-Yuki 12:10 pm Midday Yoga-Sandy NO EVENING CLASSES	22 CLOSED 	24 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 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 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