

# DECEMBER 2018

Established 2005. Under Current Ownership Since 2013.



**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

1918 N. JAMES ST. ROME, NY 13440

**315-337-4860**

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www.justbreatheyogastudio.com

**DROP-IN CLASSES  
(DAILY, WEEKLY OR MONTHLY)  
DO NOT REQUIRE PRE-REGISTRATION.  
(SPECIAL SESSIONS, EVENTS & WORKSHOPS)  
*PRE-REGISTRATION REQUIRED.***

Like Us on Facebook:  
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\*75-90 min class  
\*\*2 hour class  
\*\*\*2 1/2 hour class

2  
9:30 am Vinyasa Yoga-Liz  
4:00 pm All Levels Yoga-Alanna

3  
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

4  
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\* -Mary  
7:00 pm Yin Yoga *with candlelight*\*-Nicole

5  
9:30 am Slow Flow Yoga\*-Yuki  
12:10 pm Midday Yoga-Sandy  
4:00 pm Yin/Yang Yoga\* -Nicole  
5:30pm Yoga I-Mary  
6:45 pm Mellow Evening Flow-Nicole

**Look for Special Package Offer Starting TODAY!**

6  
9:30 am Beginner's Yoga-Mary  
10:45 am Mid-morning Mindful Meditation-Nicole  
4:00 pm Gentle Yoga-Ceil  
5:30 pm Slow Flow Yoga I/II\*-Nicole

7  
9:30 am Yoga I/II-Mary  
**(11:00am Mommy & Baby Yoga-Nicole)**  
**(12:30pm Little Movers Yoga-Nicole)**  
5:30pm Relax & Renew with Candlelight for December's New Moon\*-Nicole

8  
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-Sandy  
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  
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-Nicole

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 II/III\*-Nicole**  
7:00 pm Pilates-Vickie

14  
9:30 am Yoga I/II-Vickie  
**(11:00am Mommy & Baby Yoga-Nicole)**  
**(12:30pm Little Movers Yoga-Nicole)**

15  
9:30 am All Levels Yoga - Liz  
10:45 am Yin/Yang Yoga \*-Nicole

16  
9:30 am Vinyasa Yoga-Liz  
4:00 pm All Levels Yoga-Alanna

17  
9:30 am Yoga I-Vickie  
4:15pm Mindful Yoga & Meditation-Sandy  
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  
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


20  
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

21  
9:30 am Yoga I/II-Vickie  
**(11:00am Mommy & Baby Yoga-Nicole)**  
**(12:30pm Little Movers Yoga-Nicole)**  
**(5:30 pm Restorative Yoga with Candlelight for the Solstice\*-Nicole)**

22  
9:30 am All Levels Yoga - Liz  
10:45 am Yin/Nidra Yoga for the Full Moon & first Day of Winter\*-Nicole

23  
9:30 am Vinyasa Yoga-Liz

24  
9:30 am Yin/Yang Yoga\*-Nicole  
**NO EVENING CLASSES**

25  
**CLOSED**  


26  
**CLOSED**  
**New Year's Savings Event Begins Online TODAY!! Be sure to start cashing in those YOGA Bucks!**

27  
**CLOSED**  


28  
9:30 am Yoga I/II-Vickie  
**(11:00am Mommy & Baby Yoga-Nicole)**  
**(12:30pm Little Movers Yoga-Nicole)**

29  
9:30 am All Levels Yoga - Liz  
10:45 am Slow Flow Yoga I/II \*-Nicole

30  
**CLOSED**

31  
**CLOSED**

**YOGA** for holiday gifts

**Gift Certificates Available!**  
\$10 increments.

**PLUS!**  
Receive \$10 in YOGA BUCKS for every certificate purchased until Christmas

**START 2019 OUT RIGHT WITH YOGA!**  
**Lowest Prices of the year on Drop-In Class Packages!**  
**Offer Begins December 26th, ends January 31st, 2019**

**\*\*Purchase a Gift Certificate or a Drop-in Class Package December 1st -24th and receive \$10 in Yoga Bucks! Yoga Bucks are redeemable from December 26th-January 31st, 2018 During Our New Year's Savings Event**