



Established 2003.
Under Current Ownership Since

October 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	1	2	3	4
	9:30 am Beginner's Yoga-Nicole (4:15 PM Take a Seat Chair Yoga-Nicole) 5:30 pm Mindful Yoga & Meditation-Colleen 6:45 pm Yin Yoga with candlelight*-Nicole	9:30 am Slow Flow Yoga*-Yuki 12:10 pm Midday Yoga-Sandy 4:00 pm Yin/Yang Yoga* - Gabby 5:30pm Yoga I-Vickie 6:45 pm Pilates- Vickie	9:30 am Beginner's Yoga-Nicole 10:45am Yin Yoga *-Nicole 4:15 pm Gentle Yoga-Ceil 5:30 pm Slow Flow Yoga I/II*-Nicole	9:30 am Yoga I/II-Vickie (11:00am Mommy & Baby Yoga-Nicole) (12:30pm Tiny Tots Yoga-Nicole)	9:30 am All Levels Yoga -Sarah 10:45 am Unwind Yoga -Michele
6	7	8	9	10	11
9:30 am Vinyasa Yoga-Yuki 4:00 pm Mindful Flow Yoga-Alanna	9:30 am Yoga I-Sandy 4:00 pm Mellow Flow Yoga* -Nicole 5:30 pm Beginner's Yoga-Gabby 6:45 pm Yoga II Flow *-Nicole	9:30 am Beginner's Yoga-Nicole (4:15 PM Take a Seat Chair Yoga-Nicole) 5:30 pm Mindful Yoga & Meditation-Colleen 6:45 pm Yin Yoga with candlelight*-Nicole	9:30 am Slow Flow Yoga*-Yuki 12:10 pm Midday Yoga-Sandy 4:00 pm Yin/Yang Yoga* - Nicole 5:30pm Yoga I-Vickie 6:45 pm Pilates- Vickie	9:30 am Beginner's Yoga-Nicole 10:45am Yin Yoga *-Nicole 4:15 pm Gentle Yoga-Ceil 5:30 pm Slow Flow Yoga I/II*-Nicole	9:30 am Yoga I/II-Vickie (11:00am Mommy & Baby Yoga-Nicole) (12:30pm Tiny Tots Yoga-Nicole) 5:30 pm Organic Flow Yoga with candlelight**-Nicole
13	14	15	16	17	18
9:30 am Vinyasa Yoga-Yuki	9:30 am Yoga I-Sandy 5:30 pm Blissful Restorative with Nidra**-Nicole	9:30 am Beginner's Yoga-Nicole (4:15 PM Take a Seat Chair Yoga-Nicole) 5:30 pm Mindful Yoga & Meditation-Colleen 6:45 pm Yin Yoga with candlelight*-Nicole	9:30 am Slow Flow Yoga*-Yuki 12:10 pm Midday Yoga-Sandy 4:00 pm Yin/Yang Yoga* - Nicole 5:30pm Yoga I-Vickie 6:45 pm Pilates- Vickie	9:30 am Beginner's Yoga-Nicole 10:45am Yin Yoga *-Nicole 4:15 pm Gentle Yoga-Ceil 5:30 pm Slow Flow Yoga I/II*-Nicole	9:30 am Yoga I/II-Vickie (11:00am Mommy & Baby Yoga-Nicole) (12:30pm Tiny Tots Yoga-Nicole) \$\$\$BE SURE TO CHECK YOUR EMAIL TODAY FOR A SPOOKY SAVINGS DEAL \$\$\$ 
20	21	22	23	24	25
9:30 am Vinyasa Yoga-Liz 4:00 pm Chakra Yoga-Alanna	9:30 am Yoga I-Sandy 4:00 pm Mellow Flow Yoga* -Nicole 5:30 pm Beginner's Yoga-Gabby 6:45 pm Yoga II Flow *-Nicole	9:30 am Beginner's Yoga-Nicole (4:15 PM Take a Seat Chair Yoga-Nicole) 5:30 pm Mindful Yoga & Meditation-Colleen 6:45 pm Yin Yoga with candlelight*-Nicole	9:30 am Slow Flow Yoga*-Yuki 12:10 pm Midday Yoga-Sandy 4:00 pm Yin/Yang Yoga* - Nicole 5:30pm Yoga I-Vickie 6:45 pm Pilates- Vickie	9:30 am Beginner's Yoga-Nicole 10:45am Yin Yoga *-Nicole 4:15 pm Gentle Yoga-Ceil 5:30 pm Slow Flow Yoga I/II*-Nicole	9:30 am Yoga I/II-Vickie (11:00am Mommy & Baby Yoga-Nicole) (12:30pm Tiny Tots Yoga-Nicole) 5:30pm Relax & Renew with Candlelight*-Nicole
27	28	29	30	31	1
9:30 am Vinyasa Yoga-Liz 4:00 pm Mindful Flow Yoga-Alanna	9:30 am Yoga I-Sandy 4:00 pm Mellow Flow Yoga* -Nicole 5:30 pm Beginner's Yoga-Gabby 6:45 pm Slow Flow Yoga I/III *-Nicole	9:30 am Beginner's Yoga-Nicole (4:15 PM Take a Seat Chair Yoga-Nicole) 5:30 pm Mindful Yoga & Meditation-Colleen 5:30 pm Just Breathe & Read Book Club 6:45 pm Yin Yoga with candlelight*-Nicole	9:30 am Slow Flow Yoga*-Yuki 12:10 pm Midday Yoga-Sandy 4:00 pm Yin/Yang Yoga* - Nicole 5:30pm Yoga I-Vickie 6:45 pm Pilates- Vickie	9:30 am Beginner's Yoga-Nicole 10:45am Yin Yoga *-Nicole 5:30pm Broomstick Flow Yoga*-Nicole 	2 <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Like Us on Facebook: justbreatheyogastudiorome</p> </div>
					*75-90 min class **2 hour class ***2 1/2 hour class

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Autumn Savings!*

30-Day Unlimited \$63. 3 month Unlimited \$180.
 Package of 10 \$83 (\$63 for Senior, Student & Military)
 *Offer ends November 30th, 2019
 Some restrictions may apply.

