



Established 2005.
Under Current Ownership
Since 2013.

November 2019

MONDAY

TUESDAY

WEDNESDAY




THURSDAY

FRIDAY

SATURDAY

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

*75-90 min class
**2 hour class
***2 1/2 hour class

<p>3 9:30 am Vinyasa Yoga-Liz 4:00 pm Mindful Flow Yoga-Alanna</p>	<p>4 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</p>	<p>5 9:30 am Beginner's Yoga-Nicole 5:30 pm Mindful Yoga & Meditation-Colleen 6:45 pm Yin Yoga with candlelight*-Nicole</p>	<p>6 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</p>	<p>7 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</p>	<p>1 9:30 am Yoga I/II-Vickie (11:00am Mommy & Baby Yoga-Nicole) (12:30pm Tiny Tots Yoga-Nicole)</p>	<p>2 9:30 am All Levels Yoga - Yuki 10:45 am Unwind Yoga-Michele</p>
<p>10 CLOSED</p>	<p>11 9:30 am Yoga I-Sandy 5:30 pm Lunar Flow Yoga for Full Moon *-Nicole</p>	<p>12 9:30 am Beginner's Yoga-Nicole 5:30 pm Mindful Yoga & Meditation-Colleen 6:45 pm Yin Yoga with candlelight*-Nicole</p>	<p>13 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</p>	<p>14 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</p>	<p>8 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</p>	<p>9 9:30 am All Levels Yoga - Liz 10:45 am Unwind Yoga-Michele (12:00 pm Intro to Prenatal Yoga Workshop*-Nicole)</p>
<p>17 9:30 am Vinyasa Yoga-Liz 4:00 pm Mindful Flow Yoga-Alanna</p>	<p>18 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</p>	<p>19 9:30 am Beginner's Yoga-Nicole 5:30 pm Mindful Yoga & Meditation-Colleen 6:45 pm Yin Yoga with candlelight*-Nicole</p>	<p>20 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</p>	<p>21 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</p>	<p>22 9:30 am Yoga I/II-Vickie (11:00am Mommy & Baby Yoga-Nicole) (12:30pm Tiny Tots Yoga-Nicole)</p>	<p>23 9:30 am All Levels Yoga - Liz 10:45 am Unwind Yoga-Michele</p>
<p>24 9:30 am Vinyasa Yoga-Liz 4:00 pm Mindful Flow Yoga-Alanna</p>	<p>25 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 I/II *-Nicole</p>	<p>26 9:30 am Beginner's Yoga-Nicole 5:30 pm Yin Nidra with candlelight*-Nicole</p>	<p>27 9:30 am Slow Flow Yoga*-Yuki 12:10 pm Midday Yoga-Sandy NO EVENING CLASSES ***Turkey Says Check Your Inbox Today!***</p> 	<p>28 </p>	<p>29 CLOSED</p>	<p>30 CLOSED No Classes BUT Studio Office Open Noon-4pm for Gift Certificates</p> 

Annual Appreciation Days

1918 N. JAMES ST. ROME, NY 13440

315-337-4860

yoga@justbreatheyogastudio.com

www.justbreatheyogastudio.com

*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.

