

# MARCH 2020

Established 2005. Celebrating 15 years in Business in 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 9:30 am Vinyasa Yoga-Liz 4:00 pm Mindful Flow Yoga-Alanna	2 9:30 am Yoga I-Yuki 4:00 pm Mellow Flow Yoga* -Nicole 5:30 pm Beginner's Yoga-Gabby 6:45 pm Yoga II Flow *-Nicole	3 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	4 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 Core Yoga-Sarah	5 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	6 9:30 am Yoga I/II-Yuki (11:00am Mommy & Baby Yoga-Nicole) (12:30pm Tiny Tots Yoga-Nicole) (4:00pm Prenatal Yoga -Nicole)	7 9:30 am All Levels Yoga -Mary 10:45 am Unwind Yoga-Michele
8 9:30 am Vinyasa Yoga-Liz 4:00 pm Mindful Flow Yoga-Alanna	9 9:30 am Yoga I-Mary 4:00 pm Mellow Flow Yoga* -Nicole 5:30 pm Beginner's Yoga-Gabby 6:45 pm Yoga II Flow *-Nicole	10 9:30 am Beginner's Yoga-Mary (4:15 PM Take a Seat Chair Yoga-Nicole) 5:30 pm Mindful Yoga & Meditation-Colleen 6:45 pm Yin Yoga with candlelight*-Nicole	11 9:30 am Slow Flow Yoga*-Nicole 12:10 pm Midday Yoga-Sandy 4:00 pm Yin/Yang Yoga* - Nicole 5:30pm Yoga I-Gabby 6:45 pm Core Yoga-Sarah	12 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	13 9:30 am Yoga I/II-Colleen (11:00am Mommy & Baby Yoga-Nicole) (12:30pm Tiny Tots Yoga-Nicole) (4:00pm Prenatal Yoga -Nicole)	14 9:30 am All Levels Yoga -Liz 9:45 am Just Breathe & Read Book Club Special Edition (10:45 am-Family Yoga-Nicole)
15 9:30 am Vinyasa Yoga-Liz 4:00 pm Mindful Flow Yoga-Gabby	16 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	17 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	18 9:30 am Slow Flow Yoga*-Nicole 12:10 pm Midday Yoga-Ceil 4:00 pm Yin/Yang Yoga* - Nicole 5:30pm Yoga I-Gabby 6:45 pm Core Yoga-Sarah	19 9:30 am Beginner's Yoga-Nicole 10:45am Yin Yoga *-Nicole 4:15 pm Gentle Yoga-Ceil 5:30 pm Spring Detox Flow-Renew, Release & Restore**-Nicole	20 9:30 am Yoga I/II-Colleen (11:00am Mommy & Baby Yoga-Nicole) (12:30pm Tiny Tots Yoga-Nicole) (4:00pm Prenatal Yoga -Nicole)	21 9:30 am All Levels Yoga -Liz 10:45 am Unwind Yoga-Michele
22 9:30 am Vinyasa Yoga-Liz 4:00 pm Mindful Flow Yoga-Alanna	23 9:30 am Yoga I-Sandy 4:00 pm Mellow Flow Yoga* -Colleen 5:30 pm Beginner's Yoga-Nicole 6:45 pm Yoga II Flow *-Nicole	24 9:30 am Beginner's Yoga-Nicole (4:15 PM Take a Seat Chair Yoga-Nicole) 5:30 pm Yin Nidra for the New Moon with candlelight**-Nicole	25 9:30 am Slow Flow Yoga*- Nicole 12:10 pm Midday Yoga-Ceil 4:00 pm Yin/Yang Yoga* - Nicole 5:30pm Yoga I-Gabby 6:45 pm Core Yoga-Sarah	26 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	27 9:30 am Yoga I/II-Colleen (11:00am Mommy & Baby Yoga-Nicole) (12:30pm Tiny Tots Yoga-Nicole) (4:00pm Prenatal Yoga -Nicole)	28 9:30 am All Levels Yoga - Liz 9am-5pm Yoga Teacher Training-Nicole 10:45 am Unwind Yoga-Michele
29 9:30 am Vinyasa Yoga-Alanna 4:00 pm Mindful Flow Yoga-Liz	30 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	31 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	1 Like Us on Facebook: justbreatheyogastudiorome	2 DROP-IN CLASSES DAILY, WEEKLY OR MONTHLY DO NOT REQUIRE PRE-REGISTRATION.  (SPECIAL SESSIONS, EVENTS & WORKSHOPS) <u>PRE-REGISTRATION REQUIRED.</u>	3	4

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

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*Spring Savings on Select Drop-In Class Packages*  
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\* Offer NOT valid on auto-pay packages. Some restrictions may apply.



