



# OCTOBER 2020

Established 2005. Celebrating 15 years in Business in 2020

Schedule Subject to Change.  
Most up to date information available on our website

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>27 In Studio classes are in-person Online or Virtual Use Google MEET Hybrid has both in-person &amp; Online Options *75-90 min class **2 hour class ***2 1/2 hour class</p>	<p>28 9:30 am Mellow Morning Yoga (online) -Nicole 5:30-8pm Yoga Teacher Training (300)</p>	<p>29 9:30 am Beginner's Yoga (hybrid)-Nicole 5:30 pm Yin Yoga*-Nicole (online)</p>	<p>30 9:30 am Slow Flow Yoga-Nicole (online) 5:30 pm Yoga I-Gabby (online)</p>	<p>1 9:30 am Beginner's Yoga (hybrid) - Nicole 5:30 pm YouTube Channel: LIVE! Lunar Flow for the Full Moon*-Nicole &amp; Gabby</p>	<p>2 9:30 am Yin/Yang Yoga*-Nicole (online) 9:30 am Yoga for <u>Every</u> Body (in-studio)-Colleen</p>	<p>3 YouTube Channel: TBA</p>
<p><b>Per NYS mandate:</b> we are open for in-person classes at 33% capacity. We are only allowed 5 students + 1 instructor in the studio for these classes. Utilizing our online booking system is HIGHLY encouraged, though you may call the studio to book as well. Those who book for a class are guaranteed a spot, those that do not will be asked to wait outside until we can determine if a space is available. Masks ARE required per NYS at this time. Thank you for your understanding &amp; cooperation.</p>	<p>5 9:30 am Yoga I (in-studio)-Vickie 9:30 am Mellow Morning Yoga (online) -Nicole 5:30 pm Beginner's (in-studio)-Gabby</p>	<p>6 9:30 am Beginner's Yoga (hybrid)-Nicole 5:30 pm Yin Yoga*-Nicole (online)</p>	<p>7 9:30 am Slow Flow Yoga (in-studio) - Vickie 5:30 pm Yoga I (online)-Gabby 5:30 pm Core Yoga (in-studio)-Sarah 5:30-8pm Yoga Teacher Training (200)</p>	<p>8 9:30 am Beginner's Yoga (hybrid) - Nicole 5:30 pm Slow Flow Yoga I/II* (hybrid) - Nicole</p>	<p>9 9:30 am Yin/Yang Yoga*-Nicole (online) 9:30 am Yoga for <u>Every</u> Body (in-studio)-Colleen</p>	<p>10 YouTube Channel: TBA 9:30am-5pm Yoga Teacher Training (200/300)</p>
	<p>12 9:30 am Yoga I (in-studio)-Vickie 9:30 am Mellow Morning Yoga (online) -Nicole 11:30am-5pm Yoga Teacher Training (300) NO EVENING CLASSES</p>	<p>13 9:30 am Beginner's Yoga (hybrid)-Nicole 5:30 pm Yin Yoga*-Nicole (online)</p>	<p>14 9:30 am Slow Flow Yoga (in-studio) - Vickie 5:30 pm Yoga I (online)-Gabby 5:30 pm Core Yoga (in-studio)-Sarah 5:30-8pm Yoga Teacher Training (200)</p>	<p>15 9:30 am Beginner's Yoga (hybrid) - Nicole 5:30 pm Slow Flow Yoga I/II* (hybrid) - Nicole</p>	<p>16 9:30 am Yin/Yang Yoga*-Nicole (online) 9:30 am Yoga for <u>Every</u> Body (in-studio)-Colleen 5:30 pm Relax, Renew &amp; Restore Yoga Happy Hour+*(online)-Nicole</p>	<p>17 YouTube Channel: TBA 9:30am-5pm Yoga Teacher Training (300)</p>
	<p>19 9:30 am Yoga I (in-studio)-Vickie 9:30 am Mellow Morning Yoga (online) -Nicole 5:30 pm Beginner's (in-studio)-Gabby</p>	<p>20 9:30 am Beginner's Yoga (hybrid)-Nicole 5:30 pm Yin Yoga*-Nicole (online)</p>	<p>21 9:30 am Slow Flow Yoga (in-studio) - Vickie 5:30 pm Yoga I (online)-Gabby 5:30 pm Core Yoga (in-studio)-Sarah 5:30-8pm Yoga Teacher Training (200)</p>	<p>22 9:30 am Beginner's Yoga (hybrid) - Nicole 5:30 pm Slow Flow Yoga I/II* (hybrid) - Nicole</p>	<p>23 9:30 am Yin/Yang Yoga*-Nicole (online) 9:30 am Yoga for <u>Every</u> Body (in-studio)-Colleen</p>	<p>24 YouTube Channel: TBA 9:30am-5pm Yoga Teacher Training (200/300)</p>
	<p>26 9:30 am Yoga I (in-studio)-Vickie 9:30 am Mellow Morning Yoga (online) -Nicole 5:30 pm Beginner's (in-studio)-Gabby 6:00 pm Just Breathe &amp; Read Virtual Book Club</p>	<p>27 9:30 am Beginner's Yoga (hybrid)-Nicole 5:30 pm Yin Yoga*-Nicole(online)</p>	<p>28 9:30 am Slow Flow Yoga (in-studio) - Vickie 5:30 pm Yoga I (online)-Gabby 5:30 pm Core Yoga (in-studio)-Sarah 5:30-8pm Yoga Teacher Training (200)</p>	<p>29 9:30 am Beginner's Yoga (hybrid) - Nicole 5:30 pm Slow Flow Yoga I/II* (hybrid) - Nicole</p>	<p>30 9:30 am Yin/Yang Yoga*-Nicole (online) 9:30 am Yoga for <u>Every</u> Body (in-studio)-Colleen 5:45 pm YouTube Channel: LIVE! Yoga Nidra for the Full Blue Moon</p>	<p>31 10am YouTube Channel: LIVE! Spooky Halloween Yoga for the WHOLE Family!</p>

**NOW offering:**  
In-person, Online & Hybrid Yoga classes  
Additional Classes, Privates & Semi-privates available  
by appointment, in-person or online  
ALL Interactive Online Yoga classes included in ALL JBYS packages  
AND Virtual ONLY Packages (in-person classes not included)

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1918 N. JAMES ST. ROME, NY 13440  
**315-337-4860**  
yoga@justbreatheyogastudio.com  
www.justbreatheyogastudio.com