## NOVEMBER 2020

Schedule Subject to Change.

Most up to date information available on our website

## Established 2005. Celebrating 15 years in Business in 2020

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|---|---|--|---|---|---|--|
|   | MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY  | SATURDAY   |
| Just Breathe Yoga Studio  | 2<br>9:30 am Yoga I (in-studio)-Vickie<br>9:30 am Mellow Morning Yoga (online)<br>Nicole<br>5:30 pm Beginner's (hybrid)-Gabby | 33 am Beginner's Yoga (hybrid)-Nicole<br>4:30 pm Prenatal Yoga Series(hybrid)-<br>Nicole<br>6:15 pm Yin Yoga*-Nicole (online)                                    | 9:30 am Slow Flow Yoga (in-studio) -<br>Vickie<br>9:30 am Slow Flow Yoga (online)-Nicole<br>5:30 pm Yoga I (online)-Gabby<br>5:30 pm Core Yoga (in-studio)-Sarah<br>5:30-8pm Yoga Teacher Training (200)    | 9530 am Beginner's Yoga (hybrid) -<br>Nicole<br>5:30 pm Slow Flow Yoga I/II* (hybrid) -<br>Nicole       | 9 : 30 am Yin/Yang Yoga*-Nicole (online)<br>9:30 am Yoga for <u>Every</u> Body (in-studio)<br>Colleen   |  |
| In Studio classes are in-person Online or Virtual Hybrid has both in-person & Online Options *75-90 min class ***2 hour class ***2 1/2 hour class | 9<br>9:30 am Yoga I (in-studio)-Vickie<br>9:30 am Mellow Morning Yoga (online)<br>Nicole<br>5:30 pm Beginner's (hybrid)-Gabby | 9:30 am Beginner's Yoga (hybrid)-Nicole<br>4:30 pm Prenatal Yoga Series(hybrid)-<br>Nicole<br>6:15 pm Yin Yoga*-Nicole (online)                                  | 9:30 am Slow Flow Yoga (in-studio) -<br>Vickie<br>9:30 am Slow Flow Yoga (online)-Nicole<br>11:30am-5pm Yoga Teacher Training<br>(300A&B)<br>5:30-8pm Yoga Teacher Training (200)<br>**No Evening Classes** | 9:30 am Beginner's Yoga (hybrid) -<br>Nicole<br>5:30 pm Slow Flow Yoga I/II* (hybrid) -<br>Nicole       | 9:30 am Yin/Yang Yoga*-Nicole (online)<br>9:30 am Yoga for <u>Every</u> Body (in-studio)<br>Colleen   | YouTube Channel: TBA<br>9:30am-5pm Yoga Teacher Training<br>(200/300B)                                     |
| 15<br>5:45 pm YouTube Channel:<br>LIVE! Yoga Nidra for the New Moon   | 9:30 am Yoga I (in-studio)-Vickie<br>9:30 am Mellow Morning Yoga (online)<br>Nicole<br>5:30 pm Beginner's (hybrid)-Gabby      | 17 9:30 am Beginner's Yoga (hybrid)-Nicole 4:30 pm Prenatal Yoga Series(hybrid)- Nicole 6:15 pm Yin Yoga*-Nicole (online)  | 9:30 am Slow Flow Yoga (in-studio) -<br>Vickie<br>9:30 am Slow Flow Yoga (online)-Nicole<br>5:30 pm Yoga I (online)-Gabby<br>5:30 pm Core Yoga (in-studio)-Sarah<br>5:30-8pm Yoga Teacher Training (200)    | 19<br>9:30 am Beginner's Yoga (hybrid) -<br>Nicole<br>5:30 pm Slow Flow Yoga I/II* (hybrid) -<br>Nicole | 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 & Restore Yoga Happy Hour+*(online)-Nicole | 21<br>YouTube Channel: TBA<br>9:30am-5pm Yoga Teacher Training<br>(200)                                    |
| 22  | 9:30 am Yoga I (in-studio)-Vickie<br>9:30 am Mellow Morning Yoga (online)<br>Nicole<br>5:30 pm Beginner's (hybrid)-Gabby      | 9:30 am Beginner's Yoga (hybrid) -Nicole 4:30 pm Prenatal Yoga Series(hybrid)-Nicole 5:30 pm YouTube Channel: LIVE! Restorative Yoga with Sound*- Nicole & Gabby | 9:30 am Slow Flow Yoga (in-studio) -<br>Vickie<br>9:30 am Slow Flow Yoga (online)-Nicole<br>5:30 pm Yoga I (online)-Gabby<br>***No in-studio evening classes***   | YouTube Channel: Gratitude Yoga & Metta Meditation  | 9:30 am Yin/Yang Yoga*-Nicole (online)<br>YouTube Channel: Slow Flow I/II with<br>Nicole & Gabby  | YouTube Channel: TBA Small Business Saturday Studio Office Open 11am-2pm Look for Gift Certifcate Specials |
| YouTube Channel: TBA  | 9:30 am Mellow Morning Yoga (hybrid)  | 1  | 2   | 3   | 4   |  |

Per NYS mandate: 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. Masks

ARE required per NYS at this time.

Thank you for your understanding & cooperation.

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)

ALL YouTube Offerings are DONATION ONLY

5:30 pm Beginner's (hybrid)-Gabby

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