



**Just Breathe Yoga Studio, Inc.**  
Established 2005. Celebrating 16 years in Business in 2021.

## January 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p align="center"><b>NOW offering: In-person, Online &amp; Hybrid Yoga classes</b>  <b>Additional Classes, Privates &amp; Semi-privates available by appointment, in-person or online</b>  <b>ALL Interactive Online Yoga classes included in ALL JBYS packages</b>  <b>AND Virtual ONLY Packages (in-person classes not included)</b>  <b>ALL YouTube Offerings are DONATION ONLY</b></p>					<p>1 10:30 am Detox Flow for the New Year -Nicole [hybrid]</p> 	<p>2 YouTube:TBA</p>
<p>3 YouTube:TBA</p>	<p>4 9:30am Mellow Monday - Nicole [online] 5:30pm Beginners - Gabby [hybrid] 5:45 pm Just Breathe &amp; Read Virtual Book Club [online]</p>	<p>5 9:30am - Beginner's Yoga Nicole [hybrid] 6:00pm Yin Yoga -Gabby [online]</p>	<p>6 9:30am Slow Flow - Nicole [hybrid] 5:30pm Core Yoga - Sarah [in-studio] 5:30pm Yoga I - Gabby [online] 5:30-8pm 200 Training</p>	<p>7 9:30am - Nicole [hybrid] 5:30pm Slow Flow Yoga I/II - Nicole [hybrid]</p>	<p>8 9:30am Yoga for EVERY Body - Colleen [hybrid] 9:30 am Yin/Yang Yoga* - Nicole [online]</p>	<p>9 YouTube: TBA 9:30am-5:30pm 200 Training</p>
<p>10 YouTube:TBA</p>	<p>11 9:30am Mellow Monday - Nicole [online] 5:30pm Beginners - Gabby [hybrid]</p>	<p>12 9:30am - Beginner's Yoga Nicole [hybrid] 4:30 pm Prenatal Yoga Series - Nicole [online] 6:00pm YouTube: LIVE! Yoga Nidra for New Moon</p>	<p>13 9:30am Slow Flow - Nicole [hybrid] 5:30pm Core Yoga - Sarah [in-studio] 5:30pm Yoga I - Gabby [online] 5:30-8pm 200 Training</p>	<p>14 9:30am - Nicole [hybrid] 5:30pm Slow Flow Yoga I/II - Nicole [hybrid]</p>	<p>15 9:30am Yoga for EVERY Body - Colleen [hybrid] 9:30 am Yin/Yang Yoga* - Nicole [online]</p>	<p>16 YouTube:TBA 9:30a-5:00p 300 Training</p>
<p>17 YouTube:TBA</p>	<p>18 9:30am Mellow Monday - Nicole [online] 5:30pm Yoga Essentials &amp; Fundamentals Workshop [hybrid]-Nicole</p>	<p>19 9:30am - Beginner's Yoga Nicole [hybrid] 4:30 pm Prenatal Yoga Series - Nicole [online] 6:00pm Yin Yoga* -Nicole [online]</p>	<p>20 9:30am Slow Flow - Nicole [hybrid] 5:30pm Core Yoga - Sarah [in-studio] 5:30pm Yoga I - Gabby [online] 5:30-8pm 200 Training</p>	<p>21 9:30am - Nicole [hybrid] 5:30pm Slow Flow Yoga I/II - Nicole [hybrid]</p>	<p>22 9:30am Yoga for EVERY Body - Colleen [hybrid] 9:30 am Yin/Yang Yoga* - Nicole [online] 5:30 pm Relax, Renew, Restore Yoga Happy Hour +*-Nicole [online]</p>	<p>23 YouTube: TBA 9:30am-5:30pm 200 Training</p>
<p>24 YouTube:TBA</p>	<p>25 9:30am Mellow Monday - Nicole [online] 5:30pm Beginners - Gabby [hybrid]</p>	<p>26 9:30am - Beginner's Yoga Nicole [hybrid] 4:30 pm Prenatal Yoga Series - Nicole [online] 6:00pm Yin Yoga* -Nicole [online]</p>	<p>27 9:30am Slow Flow - Nicole [hybrid] 5:30pm Core Yoga - Sarah [in-studio] 5:30pm Yoga I - Gabby [online] 5:30-8pm 200 Training</p>	<p>28 9:30am - Nicole [hybrid] 5:30pm YouTube LIVE! Lunar Flow for the Full Moon -Nicole &amp; Gabby</p>	<p>29 9:30am Yoga for EVERY Body - Colleen [hybrid] 9:30 am Yin/Yang Yoga* - Nicole [online]</p>	<p>30 YouTube:TBA 9:30a-5:00p 300 Training</p>
<p>31 YouTube:TBA</p>	<p align="center">DROP-IN CLASSES DAILY, WEEKLY OR MONTHLY DO NOT REQUIRE PRE-REGISTRATION.  (SPECIAL SESSIONS, EVENTS &amp; WORKSHOPS) PRE-REGISTRATION REQUIRED.</p>			<p align="center">Like Us on Facebook: justbreatheyogastudiorome</p>		<p align="center">*75-90 min class **2 hour class ***2 1/2 hour class</p>