



Just Breathe Yoga Studio, Inc.
Established 2005. Celebrating 17 years in Business in 2022.

September 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Pre-registration for Classes Recommended & Encouraged. May book up to 4 weeks in advance. Walk-ins allowed IF space in class is available.</p> <p>Special sessions, events & workshops <u>Pre-registration Required</u></p>		<p>Subscribe to our YouTube Channel & find us on Facebook, Instagram & Twitter</p>		<p>1 9:30am Beginner's Yoga - Nicole [hybrid]</p>	<p>2 No classes at JBYS <u>YouTube: TBA</u></p>	<p>3 No classes at JBYS <u>YouTube: TBA</u></p>
<p>4 No classes at JBYS <u>YouTube: TBA</u></p>	<p>5 HAPPY LABOR DAY</p>	<p>6 9:30am Beginner's Yoga - Nicole [hybrid] 6:00pm Yin Yoga* - Nicole [hybrid]</p>	<p>7 9:30am Slow Flow* - Nicole [hybrid] 11:15am More than Chair Yoga* - Mary [hybrid] 5:30pm Core Yoga - Sarah [in-studio] 5:30pm Yoga I - Kourtney [online]</p>	<p>8 9:30am Beginner's Yoga - Nicole [hybrid]</p>	<p>9 9:30am Yin/Yang Yoga* - Nicole [hybrid]</p>	<p>10 9:30 am Mindful Yoga Flow - Colleen [hybrid] 10:45 am Vinyasa Yoga - Liz [in-studio] Noon-4 pm Intro to Mindfulness, Meditation & Meditative Yoga Master Class & Training</p>
<p>11 <u>YouTube: TBA</u></p>	<p>12 9:30am Mellow Monday Morning Yoga - Nicole [online] 9:30 am Strength & Balance Yoga - Vickie [in-studio] 5:30pm Beginners - Alanna [hybrid]</p>	<p>13 9:30am Beginner's Yoga - Nicole [hybrid] 6:00pm Yin Yoga* - Nicole [hybrid]</p>	<p>14 9:30am Slow Flow* - Nicole [hybrid] 11:15am More than Chair Yoga* - Mary [hybrid] 1pm-5pm 300 Training 5:30pm Core Yoga - Sarah [in-studio] 5:30 pm Yoga I - Kourtney [online] 6:45 pm Classical Yoga - Shakha [in-studio]</p>	<p>15 9:30am Beginner's Yoga - Nicole [hybrid]</p>	<p>16 9:30am Yin/Yang Yoga* - Nicole [hybrid] 5:30pm Relax, Renew & Restore Yoga with Candlelight Series -Nicole [hybrid]</p>	<p>17 9:30 am Mindful Yoga Flow - Shakha [hybrid] 10:45 am Vinyasa Yoga - Liz [in-studio]</p>
<p>18 <u>YouTube: TBA</u></p>	<p>19 9:30am Mellow Monday Morning Yoga - Nicole [online] 9:30 am Strength & Balance Yoga - Vickie [in-studio] 5:30pm Beginners - Alanna [hybrid]</p>	<p>20 9:30am Beginner's Yoga - Nicole [hybrid] 6:00pm Yin Yoga with candlelight* - Nicole [hybrid]</p>	<p>21 9:30am Slow Flow* - Nicole [hybrid] 11:15am More than Chair Yoga* - Mary [hybrid] 1pm-5pm 300 Training 5:30pm Core Yoga - Sarah [in-studio] 5:30 pm Yoga I - Kourtney [online] 6:45 pm Classical Yoga - Shakha [in-studio]</p>	<p>22 9:30am Beginner's Yoga - Nicole [hybrid]</p>	<p>23 9:30am Yin/Yang Yoga* - Nicole [hybrid] 5:30pm Sound Bath for the 1st Day of Fall-Nicole [hybrid]</p>	<p>24 9:30 am Mindful Yoga Flow - Alanna [hybrid] 10:00 am Just Breathe & Read Book Club 10:45 am Vinyasa Yoga - Liz [in-studio]</p>
<p>25 <u>YouTube: TBA</u></p>	<p>26 9:30am Mellow Monday Morning Yoga - Nicole [online] 9:30 am Strength & Balance Yoga - Vickie [in-studio] 5:30pm Beginners - Alanna [hybrid]</p>	<p>27 9:30am Beginner's Yoga - Nicole [hybrid] 6:00pm Yin Nidra for the New Moon with candlelight** - Nicole [hybrid]</p>	<p>28 9:30am Slow Flow* - Nicole [hybrid] 11:15am More than Chair Yoga* - Mary [hybrid] 1pm-5pm 300 Training 5:30pm Core Yoga - Sarah [in-studio] 5:30 pm Yoga I - Kourtney [online] 6:45 pm Classical Yoga - Shakha [in-studio]</p>	<p>29 9:30am Beginner's Yoga - Nicole [hybrid]</p>	<p>30 9:30am Yin/Yang Yoga* - Nicole [hybrid]</p>	<p>*75-90 min class **2 hour class ***2 1/2 hour class</p>

We offer: In-studio, Online, & Hybrid Yoga Classes **Additional Classes, Privates & Semi-privates available by appointment (in-person or online)**
All interactive online yoga classes are included in All JBYS packages; Virtual ONLY Packages Available (in-person classes not included)
All YouTube Offerings are Donation Only