



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

## May 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Drop-in Classes Daily, Weekly or Monthly Pre-registration is highly recommended due to limited class sizes		Special sessions, events & workshops <b>Pre-registration Required</b>		<a href="http://www.youtube.com/tcciu">www.youtube.com/tcciu</a>  	*75-90 min class **2 hour class ***2 1/2 hour class	<sup>1</sup> <b>YouTube: TBA</b>  9:30am-5:00pm 300 Training
	 Like us on Facebook: @JustBreatheYogaStudioRome					
<sup>2</sup> <b>YouTube: TBA</b>	<sup>3</sup> 9:30am Mellow Monday - Nicole [online] 5:30pm Beginners - Gabby [hybrid]	<sup>4</sup> 9:30am Beginner's Yoga - Nicole [hybrid] 5:30 pm Gentle Yoga - Vickie [online] 6:00pm Yin Yoga* - Nicole [online]	<sup>5</sup> 9:30am Slow Flow - Nicole [hybrid] 5:30pm Core Yoga - Sarah [in-studio] 5:30pm Yoga I - Gabby [online]	<sup>6</sup> 9:30am Beginner's Yoga - Nicole [hybrid] 5:30pm Slow Flow Yoga I/II* - Nicole [hybrid]	<sup>7</sup> 9:30am Yoga for EVERY Body - Colleen [hybrid] 9:30am Yin/Yang Yoga* - Nicole [online]	<sup>8</sup> <b>YouTube: TBA</b>
<sup>9</sup> <b>YouTube: 9:30am A Special Mother's Day Yoga Class</b>	<sup>10</sup> 9:30am Mellow Monday - Nicole [online] 5:30pm Beginners - Gabby [hybrid]	<sup>11</sup> 9:30am Beginner's Yoga - Nicole [hybrid] 5:30 pm Gentle Yoga - Vickie [online] 6:00pm Yin Nidra** - Nicole [hybrid]	<sup>12</sup> 9:30am Slow Flow - Nicole [hybrid] 5:30pm Core Yoga - Sarah [in-studio] 5:30pm Yoga I - Gabby [online]	<sup>13</sup> 9:30am Beginner's Yoga - Nicole [hybrid] 5:30pm Slow Flow Yoga I/II* - Nicole [hybrid]	<sup>14</sup> 9:30am Yoga for EVERY Body - Colleen [hybrid] 9:30am Yin/Yang Yoga* - Nicole [online]	<sup>15</sup> <b>YouTube: TBA</b> <b>9:30am Prenatal Yoga Series-Nicole/Kourtney</b> 9:30am-5:00pm 300 Training
<sup>16</sup> <b>YouTube: TBA</b>	<sup>17</sup> 9:30am Mellow Monday - Nicole [online] 5:30pm Beginners - Gabby [hybrid]	<sup>18</sup> 9:30am Beginner's Yoga - Nicole [hybrid] 5:30 pm Gentle Yoga - Vickie [online] 6:00pm Yin Yoga* - Nicole [online]	<sup>19</sup> 9:30am Slow Flow - Vickie [hybrid] 4:15pm Yin/Yang Yoga*-Mary [online] 5:30pm Yoga I - Gabby [online] 5:30 pm Core Yoga - Sarah [in-studio]	<sup>20</sup> 9:30am Beginner's Yoga - Nicole [hybrid] 5:30pm Slow Flow Yoga I/II* - Nicole [hybrid]	<sup>21</sup> 9:30am Yoga for EVERY Body - Colleen [hybrid] 9:30am Yin/Yang Yoga* - Nicole [online]	<sup>22</sup> <b>YouTube: TBA</b> <b>9:30am Prenatal Yoga Series-Nicole/Kourtney</b> 9:30am-5:00pm 300 Training
<sup>23</sup> <b>YouTube:TBA</b>	<sup>24</sup> 9:30am Mellow Monday - Nicole [online] 5:30pm Beginners - Gabby [hybrid]	<sup>25</sup> 9:30am Beginner's Yoga - Nicole [hybrid] 5:30 pm Gentle Yoga - Vickie [online] 6:00pm Yin Yoga* - Nicole [online]	<sup>26</sup> 9:30am Slow Flow - Vickie [hybrid] 4:15pm Yin/Yang Yoga*-Mary [online] 5:30pm Yoga I - Gabby [online] 5:30 pm Core Yoga - Sarah [in-studio] 6:45pm <b>YouTube: LIVE!</b> <b>Restorative Yoga with Sound for the Full Moon &amp; Eclipse*</b>	<sup>27</sup> 9:30am Beginner's Yoga - Nicole [hybrid] 5:30pm Slow Flow Yoga I/II* - Nicole [hybrid]	<sup>28</sup> <b>YouTube:</b> <b>9:30am Yin/Yang</b> <b>9:30am Yoga for EVERY Body</b>	<sup>29</sup> <b>YouTube:</b> <b>9:30 am All Levels Yoga</b>
<sup>30</sup> <b>YouTube:</b> <b>9:30 am All Levels Yoga</b>	<sup>31</sup> <b>YouTube:</b> <b>9:30am Mellow Monday Morning Flow</b> <b>9:30 am Yoga I</b>	<b>Now offering:</b> 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				