

YOGA

MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
		WAKE UP FRESH all levels Krista 6:30 - 7:30am				
	VINYASA FLOW all levels Matt 7:00 - 8:00am				HATHA YOGA all levels Krista/Matt 9:00am - 10:00am	QUIET CONTEMPLATION 9:00 - 10:00pm
VINYASA YOGA all levels Megan 9:30 - 10:30am		RESTORATIVE YOGA all levels Krista 9:30 - 10:30am			VINYASA FLOW experience needed Camille 10:15 - 11:45am	
LUNCH EXPRESS all levels Krista 11:15am - 12:15pm	OM YOGA all levels Maria 10:30 - 11:30am		RESTORATIVE YOGA all levels Krista 10:30 - 11:30am	PILATES all levels Traci 9:45 - 10:45am	BROGA all levels Matt/Krista 12:00 - 1:00pm	BELLY DANCING all levels Brooke 10:30 - 11:30am
					*ARM BALANCE WRKSHIP 12/3 Erin 1:30pm - 3:30pm	*OPEN HOUSE 12/4 12:00pm - 5:00pm
				GENTLE YOGA all levels Krista 1:00pm - 2:00pm		*FAMILY NIA 12/11 Cara 1:00 - 1:45pm
		HATHA FLOW YOGA all levels Krista 3:45 - 4:45pm		BIG KID YOGA 9-12yrs Krista 4:00 - 5:00pm		
PIYO all levels Krista 4:00 - 5:00pm	PRENATAL YOGA all levels Loren 5:45 - 6:45pm	FRESH YOGA beginner Krista 5:15 - 6:15pm	NIA all levels Cara 5:45 - 6:45pm	RESTORATIVE YOGA all levels Janine 6:00 - 7:00pm		NIA all levels Cara 4:30 - 5:30pm
PRANAVAYU INSPIRED YOGA exp. recommended Erin 6:00 - 7:30pm	ZUMBA all levels Brooke 7:00 - 8:00pm	VINYASA FLOW exp. recommended Camille 6:30 - 8:00pm	BELLY DANCING all levels Brooke 7:00 - 8:00pm			
*RESTORE & RENEW 12/19 Mikko/Krista 8:00 - 9:30pm	Wuji Qigong all levels Matt 8:15 - 9:15pm	*ENERGY SELF CARE WORKSHOP 11/2 Mikko 8:15 - 9:15pm	VINYASA FLOW <i>candlelight class</i> advanced Megan 8:15 - 9:15pm	OM YOGA all levels Maria 7:30 - 8:45pm		



RATES

60 MIN CLASS=\$12
90 MIN CLASS=\$15

EVENTS

12/3 Arm Balance Wrkshp w/Erin Svare \$20 1:30-3:30pm
12/4 Holiday Open House FREE Class Samples & food! 12-5pm
12/11 Family Nia w/Cara 1:00-1:45pm
12/19 Restore & Renew 8-9:30pm \$30

(518)708-9624
(347)420-4468

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(Four Corners)

Delmar, NY
www.theroomtobreathe.com

