



# YOGA & MEDITATION Class Schedules

*Please refer to the Mindbody app or breathe's website for current classes and cancellations.*



19 South Main Street • Pittsford, NY 14534 • (585) 248.9070

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*[breatheyoga.com](http://breatheyoga.com)*

# Wellness Studio

*non-heated classes*

## MONDAY

9:30-10:30am foundations

10:45-12:00pm yin

6:00-7:15pm restorative

## TUESDAY

10:00-11:15am foundations

6:00-7:15pm yin

## WEDNESDAY

7:00-8:00am non-heated vinyasa

9:15-10:30am foundations

4:30-5:30pm foundations

6:00-7:15pm restorative with sound bath

## THURSDAY

10:00-11:15am foundations

6:00-7:15pm foundations

## FRIDAY

7:00-8:00am non-heated vinyasa

9:30-10:30am foundations

## SATURDAY

wellness studio is  
used for teacher training

## SUNDAY

9:15-10:30am yin with sound bath



# Vinyasa Schedule

*heated studio*

## MONDAY

5:45-6:45am	power vinyasa
9:00-10:15am	music-driven power vinyasa
1:00-2:15pm	power vinyasa
4:00-5:15pm	power vinyasa
5:45-7:00pm	power vinyasa basics

## TUESDAY

5:45-6:45am	power vinyasa
8:30-9:45am	power vinyasa
11:45-1:00pm	power vinyasa
4:30-5:45pm	power vinyasa basics
6:15-7:30pm	power vinyasa

## WEDNESDAY

5:45-6:45am	power vinyasa
9:00-10:15am	power vinyasa basics
10:45-12:00pm	power vinyasa
4:00-5:15pm	power vinyasa
5:45-7:00pm	power vinyasa
7:15-8:30pm	power vinyasa

## THURSDAY

5:45-6:45am	power vinyasa
8:30-9:45am	power vinyasa
10:30-11:45am	power vinyasa
2:30-3:45pm	power vinyasa
4:30-5:45pm	power vinyasa basics
6:15-7:30pm	music-driven power vinyasa

## FRIDAY

5:45-6:45am	power vinyasa
9:15-10:30am	power vinyasa
11:00-12:15pm	power vinyasa
3:30-4:45pm	power vinyasa

## SATURDAY

7:00-8:00am	music-driven power vinyasa
8:30-9:45am	power vinyasa basics
10:30-11:45am	power vinyasa
2:00-3:15pm	power vinyasa
3:30-4:45pm	power vinyasa

## SUNDAY

6:30-7:30am	power vinyasa
8:00-9:15am	power vinyasa
10:00-11:15am	music-driven power vinyasa
11:45-1:00pm	power vinyasa basics
2:00-3:15pm	power vinyasa
3:30-4:45pm	music-driven power vinyasa





# Online Schedule

*via Zoom*

## MONDAY

6:00-7:00am power vinyasa  
7:30-8:00am meditate. now.  
10:45-11:15am foundations  
12:00-1:00pm power vinyasa  
6:30-7:30pm power vinyasa

## TUESDAY

6:00-7:00am power vinyasa  
7:15-7:45am meditate. now.  
8:00-9:00am power vinyasa  
10:00-11:00am foundations  
4:30-5:30pm power vinyasa  
6:00-6:30pm power vinyasa  
7:00-8:00pm yin

## WEDNESDAY

6:00-7:00am power vinyasa  
7:30-8:00am meditate. now.  
1:00-2:00pm power vinyasa  
3:15-3:45pm foundations

## THURSDAY

6:00-7:00am power vinyasa  
7:15-7:45am meditate. now.  
10:00-11:00am foundations  
11:15-11:45am power vinyasa  
6:00-7:00pm power vinyasa basics

## FRIDAY

6:00-7:00am power vinyasa  
7:30-8:00am meditate. now.  
9:00-9:30am power vinyasa  
10:45-11:15am foundations  
12:00-1:00pm power vinyasa

## SATURDAY

7:30-8:00am meditate. now.  
8:30-9:00am foundations  
10:30-11:45am power vinyasa

## SUNDAY

7:30-8:00am meditate. now.  
8:00-8:30am yin  
10:00-11:15am power vinyasa  
3:30-4:30pm foundations



Zoom links are sent 60 minutes and 5 minutes before class begins!

# Intro Offers

## Intro Offer—2 weeks for \$30

Enjoy 14 days of unlimited in-studio and live online yoga and meditation classes! Your Intro Offer begins the day of purchase. Through the Intro Offer you'll have the opportunity to sign up for our monthly membership, Living Yoga, with the \$50 enrollment fee **WAIVED!** This offer expires 21 days from the date of the Intro Offer purchase. (The Intro Offer does not include the on-demand library.)

## Online Intro Offer—2 weeks for \$15

Enjoy unlimited live online yoga and meditation classes for 14 days! Keep your practice going and enroll in our Online Membership for only \$49/month. (The Intro Offer does not include the on-demand library.)

# Memberships

## Living Yoga Membership

\$119/month + 1x enrollment fee of \$50. This is our most popular membership! Renews monthly and you may cancel at any time. Includes unlimited access to in-studio and live online yoga and meditation classes, access to our on-demand library with over 100 classes, and other membership perks!

## Online Membership

\$49/month. Includes unlimited online yoga and meditation classes live via Zoom. Access to our on-demand library of over 100 classes.

## Living Yoga Annual Membership

\$1,190/year with NO enrollment fee! Enjoy all of what Living Yoga has to offer, and **SAVE!** The Annual Membership brings your rate down to \$99/month, meaning you save on 2 months of membership fees each year. Renews annually and you may cancel at any time before your autopay. Includes unlimited access to in-studio and live online yoga and meditation classes, access to our on-demand library with over 100 classes, and other membership perks!

# Other Pricing Options

## 8-Class Pass

8 classes for \$150. This is the best way to pay for your practice if you practice 6x/month or less. Your pass can be used for in-studio and live online yoga and meditation classes.

## Drop-In Classes

In-Studio Yoga Class	\$25
In-Studio Meditation Class	\$15
Online Yoga Class	\$17
Online Meditation Class	\$12

# How To Register for Classes:

The Mindbody App is the best way to register, cancel and manage your classes. It is available through Google Play or Apple App Store.



## The Details:

- Intro Offers are valid once per person.
- Living Yoga Annual, Living Yoga Monthly, and Online Memberships will automatically renew until you cancel. If you are a current monthly Living Yoga member and want to join our Annual Membership, you must cancel your current membership by emailing [info@breatheyoga.com](mailto:info@breatheyoga.com).
- There are no freezes, extensions, guest privileges, or sharing. All class packages are non-refundable and non-transferable (from one person to another). No exceptions.
- Gift cards cannot be used for memberships.
- The age limit for yoga classes is 16 years old for heated classes and 12 years old for non-heated classes with a parent or guardian.
- Our on-demand library is included in Living Yoga and Online Memberships only.
- Please view our Cancellation Policy on [breatheyoga.com/faqs](http://breatheyoga.com/faqs). Cancellation for any class, program or event through the Mindbody App does not constitute an official cancellation and request for refund.
- If you have questions or need to cancel your membership, please email [info@breatheyoga.com](mailto:info@breatheyoga.com). Please allow 72 hours to cancel.



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