



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

info@breatheyoga.com

breatheyoga.com

Wellness Studio

non-heated classes

MONDAY

9:30-10:30am foundations
10:45-12:00pm yin
12:15-12:45pm meditate. now.
6:00-7:15pm restorative

TUESDAY

10:00-11:15am foundations
5:15-5:45pm meditate. now.
6:00-7:15pm yin

WEDNESDAY

7:00-8:00am non-heated vinyasa
9:15-10:30am foundations
12:15-12:45pm meditate. now.
4:30-5:30pm foundations
6:00-7:15pm restorative with sound bath

THURSDAY

10:00-11:15am foundations
5:15-5:45pm meditate.now.
6:00-7:15pm foundations

FRIDAY

7:00-8:00am non-heated vinyasa
9:30-10:30am foundations
10:45-11:15am meditate. now.



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
4:30-5:00pm meditate. now.
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
4:00-4:30pm meditate. now.

THURSDAY

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

FRIDAY

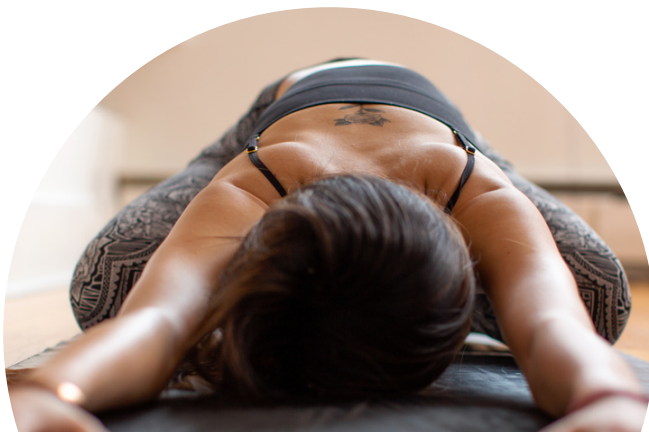
6:00-7:00am power vinyasa
7:30-8:00am meditate. now.
9:00-9:30am power vinyasa
10:45-11:15am foundations
12:00-1:00pm power vinyasa
4:30-5:00pm meditate. now.

SATURDAY

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

SUNDAY

7:30-8:00am meditate. now.
8:00-9:00am 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 \$25

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	\$22
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.
- 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. 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. Please allow 72 hours to cancel.



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