



A three-class series designed to provide a seamless introduction to vinyasa yoga. Wear comfortable exercise clothing and arrive ten minutes before your class is scheduled to begin. Bring water, a towel and a yoga mat if you have one — this class is done in an 80-degree room. Cost: \$25

Please contact us to register for this series. Mats and towels are available to rent or purchase.

- * Saturdays 2:30 – 3:45 pm September 9th, 16th and 23rd
- * Sundays 12:30 – 1:45 pm September 24th, Oct. 1st and 8th
- * Saturdays 2:30 – 3:45 pm October 7th, 14th and 21st
- * Tuesdays 7:30 – 8:45 pm November 7th, 14th and 21st
- * Tuesdays 7:30 – 8:45 pm December 5th, 12th and 19th

Thank you for choosing to participate in breathe's yoga program. As a courtesy to other participants and our instructors, we require a minimum of 72 hours notice to cancel for a full refund. Due to the nature of a program where lesson plans are prepared and where space is limited, no-shows and cancellations within 72 hours of the program will not be refunded or transferred to a different program. Also, since you have signed up for a yoga series/package, we do not offer pro-rated refunds for missed classes.