

Programs and Events

2017 Spring & Summer Dates

New to Yoga

Cost: \$25

Sat., April 1st, 8th, 15th *Pittsford 12:00pm*
Mon., April 10th, 17th, 24th *Webster 7:30pm*
Tues., April 11th, 18th, 25th *Greece 7:30pm*
Wed., April 12th, 19th, 26th *College Town 7:30pm*
Sun., April 23rd, 30th, May 7th *Greece 1:00pm*
Mon., May 1st, 8th, 15th *Webster 7:30pm*
Sat., May 6th, 13th, 20th *Pittsford 12:00pm*
Wed., May 10th, 17th, 24th *College Town 7:30pm*
Mon., June 5th, 12th, 19th *Webster 7:30pm*
Tues., June 6th, 13th, 20th *Pittsford 7:30pm*
Tues., June 13th, 20th, 27th *Greece 7:30pm*
Wed., June 14th, 21st, 28th *College Town 7:30pm*
Thurs., June 15th, 22nd, 29th *Webster 7:15pm*
Mon., July 10th, 17th, 24th *Webster 7:30pm*
Tues., July 11th, 18th, 25th *Greece 7:30pm*
Tues., July 11th, 18th, 25th *Pittsford 7:30pm*
Sun., July 16th, 23rd, 30th *College Town 11:00am*

New to Meditation

Cost: \$40 Living Yoga Members Cost: 30% Off

Thurs., March 16th, 23rd, 30th *Webster 7:15pm*
Tues., April 4th, 11th, 18th *Pittsford 7:30pm*
Last two sessions on the schedule ~ don't miss them!

Arcona Skincare Events

Sat., April 1st *Greece*
Sun., April 2nd *College Town*

Soul Sessions

Mon., April 3rd * 7:30-9:00pm
Find the Calm in the Center of the Storm
with Best-Selling Author Ramana *Webster*
Cost: \$45 Living Yoga Members Cost: 30% Off

Tues., April 4th * 7:30-9:00pm
Find the Calm in the Center of the Storm
with Best-Selling Author Ramana *Greece*
Cost: \$45 Living Yoga Members Cost: 30% Off

Thurs., April 6th, 13th, 20th, 27th * 7:15-8:45pm
Flight School *Webster*
Cost: \$80 Living Yoga Members Cost: 30% Off

Tues., May 2nd * 7:30-9:00pm
Crystals and Meditation *Pittsford*
Cost: \$35 Living Yoga Members Cost: 30% Off

Tues., June 27th * 7:30-8:30pm
Making Sense Out of Supplements *Pittsford*
Cost: \$35 Living Yoga Members Cost: 30% Off
Receive 10% Off Pharmax purchases the day of the workshop for those enrolled!

Thurs., July 6th, 13th, 20th * 7:15-8:45pm
Relax, Release, Restart *Webster*
Cost: \$75 Living Yoga Members Cost: 30% Off

40 Days Challenge

Mon., May 1st - Sun., June 11th *All Locations*

Don't Wish for It, Work for It

Mon., July 10th - Sun., July 30th *All Locations*

Visit our breathe locations, call (585) 248-9070 or go to www.breatheyoga.com

Pittsford: 19 South Main St. (ext. 1) Webster: 980 Ridge Rd. (ext. 2) Greece: 1110 Long Pond Rd. (ext. 5)

Downtown Annex: 930 East Ave. Hutchison House (ext. 3) College Town: 34 Celebration Dr. (ext. 4)





Special Events

Sat., April 8th * 3:30-6:30pm

Create Your Best Life with

Best-Selling Author Ramana *Greece*

Cost: \$75 Living Yoga Members Cost: 30% Off

Fri., July 14th * 7:00-9:00pm *College Town*

Tao Porchon-Lynch: The Gandhi Effect

Cost: \$40 Living Yoga Members Cost: 30% Off

Sat., July 15th * 11:00-2:00pm *College Town*

Tao Porchon-Lynch: Master Class with Q&A

Cost: \$60 Living Yoga Members Cost: 30% Off

Brenda Villa Weekend

Fri., April 28th * 7:00-8:30pm *Pittsford*

Spirit Gathering

Cost: \$30 Living Yoga Members Cost: 30% Off

Sat., April 29th * 1:30-3:30pm *Downtown*

Enneagram: An Ancient Symbol of the Soul's Journey

Cost: \$60 Living Yoga Members Cost: 30% Off

Sat., April 29th * 6:00-7:30pm *Downtown*

Spirit Gathering

Cost: \$30 Living Yoga Members Cost: 30% Off

Sun., April 30th * 1:00-3:00pm *College Town*

Numerology: The Study of Life's Direction

Cost: \$60 Living Yoga Members Cost: 30% Off

Nutrition Programs

Thurs., April 27th * 4:00-6:30pm *Pittsford*

Sourdough Workshop with Terry Walters

Author of *Clean Food, Clean Start* and *Eat Clean, Live Well*

Cost: \$165 Living Yoga Members Cost: 30% Off

Tues., June 20th * 6:30-8:30pm *Pittsford*

Tues., July 18th * 6:30-8:30pm *Pittsford*

CSA Series with Our breathe Kitchen

Cost: \$95 each class or \$150 for both classes Space is limited.

Holiday Classes

Easter Sunday Benefit Classes

Sun., April 16th * Time/Location TBD

Memorial Day Benefit Classes

Mon., May 29th * Time/Location TBD

Independence Day Benefit Classes

Tues., July 4th * Time/Location TBD

Pre-register for \$20 or donate at the door (no passes or gift cards)

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