

Programs and Events

New to Yoga

Cost: \$25

Wed., Sept. 6th, 13th and 20th *College Town 7:30pm*
Mon., Sept. 11th, 18th and 25th *Webster 7:30pm*
Tues., Sept. 12th, 19th and 26th *Pittsford 7:30pm*
Tues., Sept. 12th, 19th and 26th *Greece 7:30pm*
Mon., Oct. 2nd, 9th and 16th *Webster 7:30pm*
Sat., Oct. 7th, 14th and 21st *Pittsford 12:00pm*
Sun., Oct. 8th, 15th and 22nd *Greece 1:00pm*
Wed., Oct. 18th, 25th and Nov. 1st *College Town 7:30pm*
Mon., Oct. 23rd, 30th and Nov. 6th *Webster 7:30pm*
Tues., Nov. 7th, 14th and 21st *Pittsford 7:30pm*
Tues., Nov. 7th, 14th and 21st *Greece 7:30pm*
Sun., Nov. 12th, 19th and 26th *College Town 11:00am*
Mon., Nov. 13th, 20th and 27th *Webster 7:30pm*
Sat., Dec. 2nd, 9th and 16th *Pittsford 12:00pm*
Wed., Dec. 6th, 13th and 20th *College Town 7:30pm*

New to Meditation

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

Fri., Sept. 15th, 22nd and 29th *Pittsford 1:00pm*
Thurs., Oct. 19th, 26th and Nov. 2nd *Webster 7:15pm*

40 Days Challenge

Mon., Sept. 11th - Fri., Oct. 22nd *All Locations*

200-Hour Teacher Training

Begins Fri., September 15th

Arcona Skincare Events

Sat., October 14th *Pittsford*
Sun., October 15th *Webster*

Trunk Show

Sat., Dec. 16th * 10:00-4:00pm
Tru by Nicole *Pittsford*

Soul Sessions

Thurs., Sept. 14th, 21st, 28th and Oct. 5th
7:15-8:30pm *Webster*

Flight School II

Cost: \$80 Living Yoga Members Cost: 30% Off

Tues., Oct. 3rd, 10th, 17th and 24th
7:30-8:45pm *Greece*

Flight School I

Cost: \$80 Living Yoga Members Cost: 30% Off

Fri., Oct. 20th * 1:00-2:30pm *Pittsford*

Intro to Crystals: What the Stones Tell Me

Cost: \$35 Living Yoga Members Cost: 30% Off

Sat., Nov. 11th * 12:00-1:30pm *Pittsford - breathe at home*

Crystals to Improve Personal Relationships

Cost: \$35 Living Yoga Members Cost: 30% Off

Tues., Dec. 5th, 12th and 19th
7:30-8:45pm *Greece*

Relax, Release, Restart

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

Don't Wish for It, Work for It

Fri., Dec. 1st - Thurs., Dec. 21st *All Locations*
New Guidelines! New Incentives!

Nutrition Programs

Thurs., Nov. 2nd * 5:45-8:15pm *Pittsford Kitchen*

Homemade Clean Food Gift Class with Terry Walters

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

Tues., Nov. 14th * 3:00-4:00pm *Greece*

Making Sense Out of Supplements with Cyndi Weis

Cost: \$35 Living Yoga Members Cost: 30% Off

Thurs., Nov. 16th * 7:00-8:30pm *Pittsford - breathe at home*

Gut Health with Molly Ranney

Cost: \$45 Living Yoga Members Cost: 30% Off

Special Events at breathe

Sun., Sept. 17th * 2:00–5:00pm (Doors open at 1:00pm)

Baron Baptiste Master Class *Temple Beth El: 139 Winton Road South*

Cost: \$85 Living Yoga Members Cost: 30% Off

Enrollment for Living Yoga Members is OPEN; General Public enrollment will be open August 28th, if the class is not already sold out!

Fri., Oct. 27th - Sun., Oct. 29th*

Bryan Kest Weekend Immersion *College Town*

Cost: \$329 Living Yoga Members Cost: 30% Off

Enrollment for Living Yoga Members is OPEN; General Public enrollment will be open September 18th, space is limited!

Fri., Oct. 27th * 7:00–9:00pm *Discussion followed by Power Yoga Class*

Sat., Oct. 28th * 9:30–12:00pm *Power Yoga Class*

Sat., Oct. 28th * 4:30–7:00pm *Long, Slow, Deep Class*

Sun., Oct. 29th * 9:30–12:00pm *Full-on Power Yoga Class*

Be prepared for a few creative sequences and surprises!

Wed., Nov. 22nd

breathe's Birthday: 15 Years

Stay tuned to your emails for exciting Birthday happenings!

Kindness Classes

Mon., Sept. 4th * 9:00–10:30am

Port of Rochester to benefit the Rochester Police Foundation

Labor Day Benefit Class

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

Wed., Oct. 11th * 7:30–9:00pm *College Town*

Cancer Survivorship & Research Program

Yoga & Meditation Benefit Class

Donation Suggestion: \$30 (no passes or gift cards)

Thurs., Nov. 23rd * Time/Location TBD

Thanksgiving Day Benefit Classes

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

Mexico Retreat: 10th Anniversary

Sat., March 17th - Sat., March 24th, 2018

* Some regularly scheduled classes will be canceled in College Town due to this event, please check our website for class times and locations.

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

Pittsford: 19 South Main Street (ext. 1) Webster: 980 Ridge Road (ext. 2)

Downtown Annex: 930 East Avenue Hutchison House (ext. 3)

College Town: 34 Celebration Drive (ext. 4) Greece: 1110 Long Pond Road (ext. 5)

