

# meditate. now.

## **Program Details**

meditate. now. is breathe's unlimited membership for guided meditation. Members will have access to 30-minute guided meditations in the studios as well as a personal log-in to guided meditations of various lengths online. Guided meditations will take place in the Pittsford, Downtown, College Town and Victor studios only. The online meditations can be accessed by members only at any time and will be changed periodically. This monthly membership has no activation fee, follows a six-month minimum contract and will auto-debit monthly on the 1st of the month.

## **Membership Options**

Monthly membership is \$19/month for unlimited meditation in studio AND online, or try a drop-in class, \$12/class

## **How to enroll**

Stop into Pittsford, College Town, Downtown or Victor locations and enroll by filling out our membership agreement. You will receive a Welcome email with a username and password to access our online meditations.

If you have questions, please call us at (585) 248-9070 or email at [info@breatheyoga.com](mailto:info@breatheyoga.com). We look forward to seeing you at breathe.

*See our Class Schedule for times and locations.*

