

# Programs and Events

## January 2018

### New to Yoga

Cost: \*25 for 3-Class Series

Tues., Jan. 2nd, 9th and 16th \* 7:30pm  
*Greece*

Sat., Jan. 6th, 13th and 20th \* 12:00pm  
*Pittsford*

Mon., Jan. 8th, 15th and 22nd \* 7:30pm  
*Webster*

Mon., Jan. 8th, 15th and 22nd \* 7:30pm  
*Victor*

Wed., Jan. 10th, 17th and 24th \* 7:30pm  
*College Town*

Sun., Jan. 21st, 28th & Feb. 4th \* 12:00pm  
*Victor*

Tues., Jan. 23rd, 30th & Feb. 6th \* 7:30pm  
*Greece*

Mon., Jan. 29th, Feb. 5th & 12th \* 7:30pm  
*Victor*

Mon., Jan. 29th, Feb. 5th and 12th \* 7:30pm  
*Webster*

### New to Meditation

Cost: \*25 for 3-Class Series

Sat., Jan. 13th, 20th and 27th \* 1:30pm  
*Victor*

Wed., Jan. 24th, 31st and Feb. 7th \* 8:00pm  
*Victor*

### Soul Sessions

Thurs., Jan. 4th, 11th & 18th \* 7:15pm *Webster*  
**Burn Baby Burn** Cost: \*60

Tues., Jan. 9th \* 7:30pm *Pittsford*

**Demystify Meditation,  
How to Begin with Cyndi** Cost: \*35

Tues., Jan. 16th, 23rd & 30th \* 6:30pm

**Refresh & Detoxify** *Downtown Annex* Cost: \*80

Wed., Jan. 24th \* 7:30pm *Victor*

**A Backbend in Every Asana** Cost: \*60

## February 2018

### New to Yoga

Cost: \*25 for 3-Class Series

Sun., Feb. 4th, 11th and 18th \* 11:00am  
*College Town*

Tues., Feb. 13th, 20th and 27th \* 7:30pm  
*Greece*

Mon., Feb. 19th, 26th & March 5th \* 7:30pm  
*Webster*

Mon., Feb. 19th, 26th & March 5th \* 7:30pm  
*Victor*

Tues., Feb. 20th, 27th & Mar. 6th \* 7:30pm  
*Pittsford*

Sun., Feb. 25th, Mar. 4th & 11th \* 12:00pm  
*Victor*

### New to Meditation

Cost: \*25 for 3-Class Series

Sat., Feb. 24th, March 3rd & 10th \* 1:30pm  
*Victor*

### Soul Sessions

Thurs., Feb. 1st, 8th, 15th & 22nd \* 7:15pm

**Yin & You** *Webster* Cost: \*80 for 4-Class Series

Fri., Feb. 16th \* 2:15pm *Pittsford*

**Demystify Meditation,  
How to Begin with Cyndi** Cost: \*35

Sat., Feb. 17th \* 12:00pm *Pittsford*

**Storytelling with Imani** Cost: \*35

Wed., Feb. 21st, 28th,  
March 7th & 14th \* 7:30pm *Victor*

**Poses 2.0** Cost: \*80 for 4-Class Series

### Teacher Tour

Thurs., Feb. 1st - Mon., April 30th

*All Locations* Free to enroll, various levels of prizes!



## March 2018

### New to Yoga

Cost: \*25 for 3-Class Series

Tues., March 6th, 13th & 20th \* 7:30pm

*Greece*

Mon., March 12th, 19th & 26th \* 7:30pm

*Webster*

Mon., March 12th, 19th & 26th \* 7:30pm

*Victor*

Wed., March 14th, 21st & 28th \* 7:30pm

*College Town*

### New to Meditation

Cost: \*25 for 3-Class Series

Wed., March 14th, 21st & 28th \* 8:00pm

*Victor*

### Soul Sessions

Thurs., March 1st, 8th, 15th & 22nd \* 7:15pm

**Flight School I** *Webster* Cost: \*80 for 4-Class Series

### Teacher Training

Begins Friday, March 2nd *Syracuse*

**200-Hour Teacher Training Classes**

### Mexico Retreat:

### 10th Anniversary

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

**Yoga Retreat**

## Kindness Classes

Pre-register or donate at the door (no passes or gift cards)

Mon., January 1st *Time/Location TBD*

**New Year's Day Benefit Class**

Sun., April 1st *Time/Location TBD*

**Easter Benefit Class**

## April 2018

### 40 Days Program

Mon., April 9th - Sun., May 20th

**40 Days Program** *All Locations*



**Visit any of our breathe locations, call (585) 248-9070  
or go to [www.breatheyoga.com](http://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 Dr. (ext. 4) **Greece:** 1110 Long Pond Rd. (ext. 5)

**Victor:** 400 Commerce Drive, Suite 100 (ext. 6)



## Programs and Events

### Burn Baby Burn (3 class series), Webster

Designed to work your bandhas, understand tapas and gain core strength to burn away stress and feel lightness and expansion within your practice.

### Demystify Meditation, How to Begin with Cyndi, Pittsford

Explore the benefits of meditation and how to lay a foundation to find your 'seat'. You will learn how basic breathing techniques, or pranayama, can help prepare your body and mind for meditation, you will be introduced to various tips and tools to help you discover that you can meditate.

### Refresh & Detoxify with Molly (3 class series), Downtown

Our body is constantly detoxifying and cleansing itself. What we put in and on our bodies can help this process or hinder it. Come learn how to help your body stay healthy and strong. Each week you will learn new ways to help refresh and detoxify your body.

### A Backbend in Every Asana, Victor

Backbends offer amazing benefits to your practice and to your life. They counteract the effects of rounded shoulders, increase mobility of the spine, improve posture, boost your mood, relieve stress, open your heart and mind, and many more benefits. Reap the benefits of a healthy spine and an open heart.

### Yin & You (4 class series) Webster

This practice is designed to help you sit longer, and more comfortably, in meditation by stretching connective tissue around the joints (mainly the knees, pelvis, sacrum, and spine). A passive practice, Yin Yoga involves variations of seated and supine poses typically held for 3 to 5 minutes, accessing deeper layers of fascia. In addition, there will be an opportunity to set an intention each week in an area around your personal life.

### Storytelling with Imani, Pittsford

In this soul session, you will learn several myths, form a deeper understanding of popular mythic deities, and get acquainted with the poses associated with them. You will learn the symbolism of the asanas in relation to these myths and deities and how to incorporate this knowledge into your classes and as tools to further your student's self-discovery.

### Poses 2.0 (4 class series), Victor

Ever wonder how to take one yoga pose and transform it into another? Poses 2.0 will show you how to change your pose into the next pose. Take twisted chair into side crow, 1/2 Moon into Dancer, Runners lunge into splits. Almost every one of your favorite poses transitions into another. Come explore the unlimited possibilities.

### Flight School (4 class series), Webster

You will learn new ways to build strength. You will learn how to access both strength and stability to empower your practice and move into poses you may have considered out of your reach. Using Baptiste Methodology, you will have a better understanding of True North Alignment and through possibility you will open up to a more powerful practice.

Enroll in one or more today of our Soul Sessions by simply calling the location you would like to attend (585) 248-9070.

