

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**

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)

