

Programs and Events

New to Yoga

Cost: *25 for 3-Class Series

A three-class series designed to provide a seamless introduction to vinyasa yoga. Wear comfortable exercise clothing and arrive ten minutes before your class is scheduled to begin. Bring water, towel and a yoga mat if you have one. This class is done in a heated room.

Mondays: Sept. 10th, 17th & 24th
7:30pm - 8:45pm *Victor*

Saturdays: Sept. 15th, 22nd & 29th
12:30pm - 1:45pm *Pittsford*

Sundays: Sept. 16th & 23rd & 30th
2:30pm - 3:45pm *Greece*

Sundays: Sept. 23rd, 30th & Oct. 7th
1:30pm - 2:45pm *Webster*

Sundays: Sept. 30th, Oct. 7th & 14th
1:00pm - 2:15pm *Victor*

Saturdays: Oct. 13th, 20th & 27th
12:30pm-1:45pm *College Town*

Mondays: Oct. 22nd, 29th & Nov. 5th
7:30pm - 8:45pm *Webster*

Mondays: Oct. 22nd, 29th & Nov. 5th
7:30pm - 8:45pm *Victor*

Tuesdays: Oct. 23rd, 30th & Nov. 6th
7:30pm - 8:45pm *Greece*

Saturdays: Nov. 3rd, 10th & 17th
1:30pm - 2:45pm *Victor*

Tuesdays: Nov. 6th, 13th & 20th
7:30pm-8:45pm *Pittsford*

Mondays: Nov. 12th, 19th & 26th
7:30pm - 8:45pm *Webster*

Tuesdays: Nov. 13th, 20th & 27th
7:30pm - 8:45pm *Greece*

Sundays: Nov. 18th, 25th & Dec. 2nd
1:00pm-2:15pm *Victor*

Sundays: Dec. 2nd, 9th & 16th
11:00am-12:15pm *College Town*

New to Meditation

Cost: *40 for 3-Class Series; 30% Off for Living Yoga Members

The benefits of meditation can't be argued. This three-class series is intended to make meditation accessible to all. Wear clothing that allows you to sit comfortably. Arrive ten minutes before your class is scheduled to begin. Sessions are 50 minutes.

Mondays: Nov. 12th, 19th & 26th
7:30pm - 8:10pm *Victor*

200-Hour Teacher Training

Begins Friday, September 7th.

200-Hour Teacher Training Classes

Enroll at: breatheyoga.com/teacher-training

300-Hour Teacher Training

NEW! Details to come this Fall
for 2019/2020 Teacher Training Classes!

40 Days Challenge

Monday, Sept. 10th - Sunday, Oct. 21st

Arcona Skincare Events

Appointments are \$50 and redeemable in product. Each guest will be going home with a FREE full-size product as a gift with purchase, as well as additional gifts available.

Friday, Sept. 14th * 8:30am - 5:00pm
Victor

Saturday, Sept 15th * 8:30am - 5:00pm
Pittsford

Sunday, Sept 16th * 8:30am - 5:00pm
Webster

For more information on our programs,
events and classes, visit us at:

breatheyoga.com





Join Our Living Yoga & meditate. now.

Class Membership Plan

Now is the time...*broaden your mind, deepen your practice!* Get **UNLIMITED ACCESS** to over 285 yoga classes, meditation classes and online breathe recorded audio meditations for one price...**only \$119/month!**

(Six-month Minimum Required.)

Demystify Meditation, How to Begin

Cost: *25 for Class; 30% Off for Living Yoga Members

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

Friday, Oct. 19th * 2:15pm - 3:15pm

Pittsford

Wednesday, Oct. 24th * 7:30pm - 8:30pm

Victor

Saturday, Dec. 1st * 12:30pm - 1:30pm

College Town

Saturday, Dec. 8th * 1:30pm - 2:30pm

Victor

Don't Wish For It, Work For It!

Monday, Dec. 3rd - Sunday, Dec. 23rd

Tru by Nicole Yacano Trunk Show

Saturday, Dec. 8th * 11:00am-4:00pm

Syracuse

Saturday, Dec. 15th * 11:00am-4:00pm

Pittsford

Mexico Retreat: 11th Anniversary

Vinyasa, Meditation & Restoration

Sat., March 16th - Sat. March 23rd, 2019

Enroll at: breatheyoga.com/yoga-retreat

Visit any of our locations or call (585) 248-9070

Pittsford: 19 South Main Street (ext. 1)

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

College Town: 34 Celebration Drive (ext. 4)

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

Webster: 980 Ridge Road (ext. 2)

Greece: 1110 Long Pond Road (ext. 5)

