

If you can breathe, you can do yoga

-Krishnamacharya

Your first studio class at Breathe is **Free!**

Visit us online at breatheyogachelsea.com for pricing, class descriptions, instructor info and to sign up.

Questions? Call 734.627.7558



weekly schedule

Monday	8:30-9:30 am 5:30-6:45 pm 7:15-8:15 pm	Slowflow# Short Form Ashtanga Yoga Nidra#
Tuesday	8:30-9:30 am 10:00-11:00 am 5:30-6:30 pm 7:00-8:00 pm	Breathe Vinyasa Chair Yoga# Align & Refine# Breathe Vinyasa+
Wednesday	6:15-7:30 am 8:30-9:30 am 10:00-10:45 am 11:15-12:00pm 4:00-5:00 pm 5:30-6:30 pm 7:00-8:00 pm	Sunrise Ashtanga Breathe Vinyasa Breathe Together Parent & Child Yoga(ages 2-6)^ Breathe Together Happy Baby (pre-crawlers)^ Young Yogis @Breathe (grades 2-8)^ Breathe Easy# Lunar Flow
Thursday	5:30-6:30 pm 7:00-8:00 pm	Rest & Restore# BUTI Yoga+
Friday	8:30-9:45 am 10:15-11:15 am 6:00-7:00pm	Short Form Ashtanga Rest & Restore# Breathe Vinyasa+*
Saturday	9:00-10:15 am	Breathe Vinyasa+
Sunday	9:00-10:00 am 10:30-11:45 am (through 1/21 then on break until 3/11, 3/18 & 3/25; no classes in April) 6:00-7:15 pm	Breathe Vinyasa Sivananda Hatha Yoga# Candlelit Slowflow & Meditation#

Denotes class suitable for beginners.

+ Denotes class sometimes includes slightly more intense flows and some more advanced postures. Modifications are always offered.

*Except for the following First Friday: February 2nd: Yin Yoga & Soothing Sound Bath.

^Young Yogis, Breathe Together & Happy Baby run during school term dates only, for either 8 or 4 week sessions. Please check our MINDBODY online schedule for more details.

PLEASE NOTE: The desk is staffed 30 minutes prior to the start of class. If the door is locked, either a class is in session or we are closed. Please refer to above schedule for next class.

effective January 2-April 30, 2018