

If you can breathe, you cando yoga

-Krishnamacharya



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

Please check our online schedule at breatheyogachelsea.com for the most up to date information, cancellations, class descriptions, instructor info and to pre-register.

Questions? Call 734.627.7558 Room temp approx:

Monday	8:30-9:30 am	78-80°	Slowflow#
	10:00-11:00 am	78-80°	Pilates for Yogis (through 5/21 only)*
	5:30-6:45 pm	85°	Short Form Ashtanga
	7:15-8:15 pm	78-80°	Yoga Nidra#
Tuesday	8:30-9:30 am	78-80°	Breathe Vinyasa
	10:00-11:00 am	78-80°	Chair Yoga#
	5:30-6:30 pm	78-80°	Align & Refine#
	7:00-8:00 pm	80°	Breathe Vinyasa+
Wednesday	6:15-7:30 am	85°	Sunrise Ashtanga
	8:30-9:30 am	78-80°	Breathe Vinyasa
	10:00-11:00 am	76-78°	Breathe Together Parent & Child Yoga(ages 2-6)^
	4:00-5:00 pm	76-78°	Young Yogis Afterschool Yoga Club (grades 2-8)^
	5:30-6:30 pm	78-80°	Breathe Easy#
	7:00-8:00 pm	78-80°	Lunar Flow
Thursday	8:30-9:30 am	80°	Slowburn
	3:30-4:30 pm	76-78°	Happy Baby Mommy & Me Yoga (pre-crawlers)^
	5:30-6:30 pm	78-80°	Yin Yoga#
	7:00-8:00 pm	80°	BUTI Yoga+(through 5/31 only MUST PRE-REGISTER)*
Friday	8:30-9:45 am	85°	Short Form Ashtanga
	10:15-11:30 am	78-80°	Rest & Restore#
	6:00-7:00pm	78-80°	Breathe Vinyasa+(through 5/25 only)*
Saturday	9:00-10:15 am	80°	Breathe Vinyasa+
Sunday	9:00-10:00 am	78-80°	Breathe Vinyasa
	10:30-11:45 am	78-80°	Sivananda Hatha Yoga# (no class 5/20)
	6:00-7:15 pm	78-80°	Candlelit Slowflow & Meditation#

**NEW
Schedule!**

weekly schedule

Denotes class suitable for beginners.

+ Denotes class sometimes includes slightly more challenging flows and some more advanced postures. Modifications are always offered though, so give it a go!

*These classes on summer vacation from dates given.

^Young Yogis, Breathe Together & Happy Baby run for either 8 or 4 week sessions. Please check our website and our MINDBODY online schedule or call us for current class availability.

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. Namaste.

effective May 1-September 3, 2018