

# If you can breathe, you can do yoga

-Krishnamacharya

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

Visit us online at [breatheyogachelsea.com](http://breatheyogachelsea.com) for pricing, class descriptions, instructor info and to sign up.



## weekly schedule

Monday	8:30-9:30 am 5:30-6:45 pm 7:00-8:00 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 ( <i>ends 6/13, resumes 9/5</i> ) Rest & Restore Breathe Vinyasa+
Wednesday	6:15-7:30 am 8:30-9:30 am 10:00-10:45 am 4:00-5:00 pm 5:30-6:30 pm 7:00-8:00 pm	Short Form Ashtanga Breathe Vinyasa Breathe Together Parent & Child Yoga ( <i>ages 2-6</i> ) <sup>^</sup> Young Yogis @Breathe ( <i>grades 2-8</i> ) <sup>^</sup> Slowflow Lunar Flow ( <i>ends 6/14, resumes 9/6</i> )
Thursday	8:30-9:30 am 10:00-11:15 am 12:00-12:45 pm 6:00-7:00 pm	Slowflow Sivananda Hatha Flow ( <i>ends 6/15, resumes 9/7</i> ) Breathe Vinyasa Express Hatha Flow
Friday	8:30-9:45 am 10:00-11:00 am 6:00-7:00/30 pm	Short Form Ashtanga Rest & Restore Varies - check online schedule for details*
Saturday	9:00-10:15 am	Breathe Vinyasa+
Sunday	9:30-10:30 am 6:00-7:00 pm 7:10-7:30 pm	Breathe Vinyasa Candlelit Slowflow & Restore Meditation ( <i>Free Class</i> )

+ Denotes class sometimes includes slightly more intense flows and some more advanced postures.

\*1st Fridays: First Fridays @Breathe; 3rd Fridays: Breathe Gives Free Community Donation class; 2nd Fridays: Follow the Yogi classes will be posted when scheduled.  
4th Fridays: no evening classes.

<sup>^</sup>Young Yogis & Breathe Together run during school term dates only.

Please check our 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 May 1-September 4