



One on One for Yoga 101

Are you new to Yoga and want to be prepared
before you come to class?

Do you want extra help on breath work or poses?

Just not sure you're doing it right?

Want to explore the foundation a little more in depth?

Whatever the reason, if you are new to this practice,
we are here to assist you on your yoga journey!

\$50 for one hour
to schedule your time or more info

info@just-breathe-yoga.com

Galey @ 815-474-3835

Jill @ 815-545-7144

(this is not therapeutic yoga)

Just Breathe Yoga is located at
The Center in Suite 103
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