



Monday

9:00-10:00 AM Senior Services Class (no walk-ins) Galey

5:00-6:15 PM Level 1-2 Jill
 6:30-7:45 PM Beginning Series Jill

Tuesday

10:00-11:15 am. Slow Flow Level 1 Amy
 (Start date 6/5)

Wednesday

9:00-10:00 AM Senior Services Class (No walk-ins) Galey

5:30-6:45 PM Level 1-2 Jill
 7:00-8:15 PM Yin Yoga Galey

Thursday

9:00-10:15 AM Gentle Series Jen
 4:00-5:15 PM Level 1 Galey
 6:30-7:45 PM Beginning Series Jill

Friday No classes scheduled

Saturday

8:30-9:45 AM Vinyasa *yoga exp required* Kristen

Sunday

9:30-10:45 AM Viniyoga Level 1-2 Denise
 (start date 6/3)

Fees

Monthly Unlimited Pass **	\$120.00
Six Week Series (no class cards)	\$ 72.00
Students (with ID) age 23 & under	\$8.00
Drop-In	\$ 15.00
Yoga 101	\$ 95.00

Private Instruction Available by appointment
 Does not include specialty classes or workshops

Please note that if you are suffering from major medical issues, please contact us so that we can help assess whether a private session might be a better way to serve you.

Jill Glavan 815.545.7144
Galey Kielian 815.474.3835

www.Just-Breatheyoga.com
20660 Caton Farm Road
Unit C
Crest Hill, IL 60403

Yoga 101: The perfect place to begin! Poses are taught in-depth. Learn yoga from the ground up. This is where you learn the foundation of a yoga practice.

Beginning Yoga Series: This 6 weeks series picks up after Yoga 101. Work on the postures covered in Yoga 101 in more depth. You will become more comfortable with where your strengths are & how & where you may need to modify. Preparation for level 1 classes.

Gentle Series: This class includes gentle stretches, breathing, relaxation, and simple movements to increase range of motion of the major joints. Gentle Yoga is appropriate for seniors or for anyone who simply prefers to move at a slower pace.

Level 1: For students who have a basic understanding of the fundamental poses and breath work. This class prepares you for deeper physical & mental work by spending additional time on sun salutations, standing postures, backbends & prep work for inversions. Expect to practice the basic poses, building on strength, flexibility, and balance.

Level 1-2: These classes are a perfect blend for students with some yoga experience. Options will be given for both level 1 & 2. This class may include a blend of flow, strong standing asana & floor poses using mindful breath awareness to allow you to find your own place in the practice. Prior Yoga Experience Required.

Yin Yoga: This style of yoga focuses on the passive holding of postures for longer periods of time. These longer holds benefit the connective tissues & joints of the body & also give the mind time to slow down & drop into stillness, cultivating a meditative component of practice. This class is perfect for the chronically stiff or stressed-out. All levels are welcome.

Slow Flow Vinyasa: Flow style, link your movement with breath, moving slowly and mindfully through floor work, sun salutations and standing poses. Level 1.

Vinyasa: This class is taught in the flow style, moving through the practice, linking breath with continuous movement. Prior yoga experience is required.

Viniyoga: Through a series of simple, yet focused mini-vinyasas, this class explores the spiritual, meditative and healing potential of Viniyoga by synchronizing breath and chanting with yoga postures. Students are encouraged to move organically and to practice within their own unique parameters. Level 1-2.

Senior Services Classes: This class is offered in conjunction with the Senior Services of Will County. The class is open to mobile active people age 50 and over. Call for details. Registration and payment through Senior Services of Will County