



newsletter

Fall 2006

Hi!

It's hard to believe that it is time to write a fall newsletter. What a fantastic summer! We hope you were able to make it to **breathe's** lake location at least once this summer. Many of you took full advantage of this summer yoga retreat studio. May the memories of jumping in the lake after a hot power vinyasa class stay with you until we open again next summer.

As much as we hate to see summer end, there is so much to look forward to this fall at **breathe**. Read on!

Labor Day Weekend Schedule:

Location:	Details:
Pittsford	Regular weekend schedule - CLOSED MONDAY (9/4) for Labor Day
Canandaigua Lake	Regular weekend schedule - Monday (9/4) ONE CLASS ONLY: 10:30am Power Vinyasa with Cyndi - Closing after class until next summer

New Fall Schedule in Pittsford

Click [here](#) for the **new schedule that begins September 11th**. Please take a minute and note the changes on this expanded schedule. There are several new classes, time changes, new instructors. . . not to mention. . . we will be **open all day on Sundays** until 5:00pm!

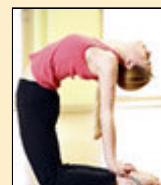
Holistic Health Seminar

Please join us on Sunday, September 24th for our first Holistic Health Seminar. Sharon Chatfield from Pharmax will be on hand to talk to us about how to fill in the gaps of a healthy diet. This lecture will be geared toward the individual looking to optimize health by improving gut function, absorption and the use of the appropriate supplements. Click [here](#) for more info.

Sunday, September 24th
2:30 - 3:30pm
Cost: free
DOOR PRIZE TO BE GIVEN AWAY (value \$130)

40 Days to Personal Revolution

So, you say you want to change your lifestyle - practice yoga regularly, improve your diet, manage your stress, meditate. . . mark your calendar because this program is for you.



October 2nd - November 10th

The 40 Day Program has been extremely successful in helping people help themselves. We all want to live healthier, more peaceful and abundant lives, but it isn't necessarily easy. This six-week program gives you flexible structure, accountability and an incentive to successfully complete the program. Click [here](#) to learn more. Space is limited. Registration open now.

Special Thanks

A sincere thank you for your continued support of **breathe**. This summer at the lake provided a unique opportunity to blend our Pittsford **breathe** community with our new yoga family at the lake. It has been wonderful to make new friends and to watch newcomers find genuine value in the practice. For those of you have just begun practicing with us this summer, we hope we will continue to see you in classes in Pittsford until we open again next summer on the lake.

Be well,

breatheTM

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