



newsletter

January 5, 2007

Happy New Year!

We wish you health, happiness and peace in the new year. It was great to see so many of you staying consistent with your yoga practice throughout the busy month of December. It was also wonderful to meet many of your friends and family as they traveled through Rochester for the holidays. Thank you for spreading the word and growing our **breathè** family. The more the merrier!

breathè yoga

Ashtanga Yoga

Beginning Monday, January 8th, look for a new class in the 7pm time slot. Suzanne Dianetti, certified Ashtanga instructor, will be teaching the primary series at **breathè**. Ashtanga is a traditional flow practice with similarities to power vinyasa. Ashtanga primary series is done in a heated room and the poses follow the same sequence each practice. Poses are held five breaths and are linked with a portion of sun salutation. It is a challenging practice and a great way to offer your breath, body and mind a different perspective. We look forward to seeing you in class.



Yoga for Athletes Workshop

Sunday, January 21st 2-3:30pm

Instructor: Mary Eggers

\$20 donation suggested - All of the proceeds go to the Breast Cancer Foundation

The bottom line is that many athletes neglect their flexibility. What they give up in flexibility, they give up in athletic performance. The goal of this workshop is to educate athletes in the principles of yoga both for flexibility and for a calmer, more focused mind. Come prepared to sweat. . . workout wear, bare feet, a towel, and a yoga mat if you have one (we rent mats for a \$1.)



Resolution Revolution

The three week program of unlimited yoga/pilates and nutrition starts January 8th. There is still time to sign up to kick off 2007 on the right foot. Click [here](#) for details.

VOLUNTEERS NEEDED. . . FOR A FUN PROJECT :)

I'm sure you may have noticed the posters throughout the store as well as ads focusing on the people who are, in one area or another, passionately supportive of **breathè**. As we celebrated our 4th birthday this year it was an opportunity to reflect on what makes **breathè** special. The answer, without a doubt, is the people who choose to come here. . . the community, the "kula" (yoga family).

In keeping with that vision it is time to create a new website that aligns with this identity of community. Here is where you come in. . .

On Friday, January 12th at 2:00pm we will be shooting video for the new website. It will be video that shows the empty yoga studio filling up with yogis/inis. If you have time available on Friday the 12th and would consider being in the video for the website it would take about 60-90 minutes (max). If you are able to stay for the power vinyasa class at 3:30. . . all the better, it will free to those who volunteered as a small token of appreciation.

It will be fun and the finished website will definitely be something that we can all be proud of. Please let Cyndi know if you can make it so we have a rough idea of the number of people.

breathe nutrition

7 Ways to Shape Up Your Diet in 2007
Sunday, February 4th 2:30-3:45pm
Speaker: Cyndi Weis, RD, CDN
Cost: \$30



* each attendee receives a \$60 bag of "nutrition goodies" for attending

Due to numerous requests we are offering the nutrition talk "7 Ways to Shape Up Your Diet in 2007" **again**. Thirty-five people attended on New Year's Eve and the comments about the info presented was extremely positive. The information presented is specific, realistic, and necessary. . . hope to see you there. Bring a friend!

breathe juice cleanse

The juice cleanse is currently underway with all slots full for week one (Jan 8-14). The three-day cleanse is available through January 28th. For more information, click [here](#). To sign up, please call (585) 248-9070 or stop in.

WANTED: Juice bar employee, Mon-Wed day-shift (8:30-5:00 & 11:00-4:00.) Must be committed to providing friendly service. If interested, contact Susan at (585) 248-9070.

Thank you for taking the time to read the newsletter. Your comments and suggestions are always appreciated.

Be well,

breathe™

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