

JUST BREATHE YOGA, BOUTIQUE & WELLNESS

YOUR  
STRESS  
FREE  
SHOPPING  
HOLIDAY  
GIFT GUIDE



# HOLIDAY GIFTS \$100 & UNDER

**A crystal infused water bottle** is an amazing healing tool. These unique water bottles combine the benefits of water with properties of crystals. Each bottle comes with it's own protective case to keep your gemstones safe **\$75**



**Hand Knotted Malas** made with minerals, crystals and gemstones. They can be used in spiritual rituals and for their energetic healing properties. Each is believed to carry it's own individual quality or "personality." **\$56-99**



You can count on budget friendly ,comfortable and fashionable yoga clothes that carry you from sun salutations through savasana.

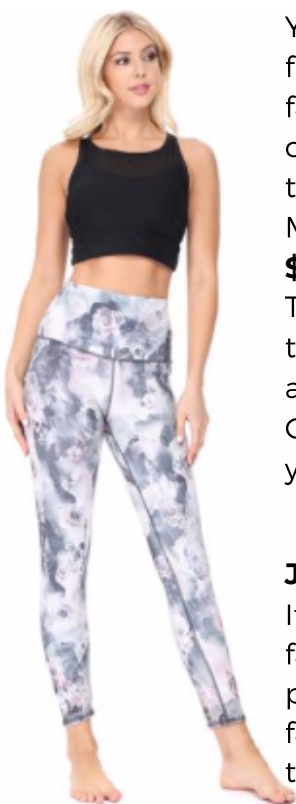
Mix & match your favorite pieces.

**\$100 & under**

**The Chakra Goddess** symbolizes the peace & serenity found when all of your chakras are in balance. Great for your garden or inside your home. **\$78**

**Jade & Manduka Yoga Mat**

It's time to treat your or your favorite yogi to a new mat to practice with. Pick out your favorite color and roll it out for gift that keeps on giving. **\$88-99**



**CBD** has been exploding on the market for its potential role in easing symptoms of many common health issues, including anxiety, depression, acne and heart disease. For those with cancer, it may even provide a natural alternative for pain and symptom relief.

Mix & Match **\$38-\$88**

Nothing says love like a warm comfortable cozy **sweater**. We have selected trendy pieces to go with anyone's wardrobe at a price you can handle. **\$78 & under**





# HOLIDAY GIFTS \$50 & UNDER

## Tibetan singing

**bowls** are widely used for music making, meditation and relaxation, as well for personal spirituality. They have become popular with music therapists, sound healers and yoga practitioners. **\$50**



Venerated for centuries as nurturer, mistress of magic, and protectress, the **Moon Goddess** is intimately connected with the moon. Place something precious within her arms that you wish to empower with her energy. **\$48**



**A Happy Box** filled with unique treasures for you and your pup; Neoprene Poop bag includes 20 bags, Collar Charm, Car Magnet, Air Freshener, Dog Toy, Canvas Key Fob, and Dog Bandana Sentiment: Love is how excited your dog gets when you get home. **\$40**



## Large Bohemian Wall Hanging

**Textile** Paneled sections, diamond accents with integrated linear details, and fringe trim that incorporates an organic and cozy feel into home décor. **\$48**



## Just Breathe Yoga Sweatshirts and Hoodies Various Styles

You can't go wrong with this black pullover that is super comfy and warm. It's the perfect way to show off your Long Island pride. Custom made for Just Breathe Yoga. **\$48**



# HOLIDAY GIFTS \$30 & UNDER



Looking for some validation from the universe? We have a large variety of **oracle** and **tarot cards** to help build your skills on tapping into your intuition and learning how to read the universal signs in front of you **\$30+**

**Himalyan Salt Lamps** can boost mood, improve sleep, ease allergies, help people with asthma breathe better, and clean the air, among other benefits. **\$28+**



## Natural Life Stainless Steel Bottle

Pretty and practical so that you can bring your favorite drink on the go. It is double-wall insulated, keeping drinks hot or cold all day long! It's secure fitting lid and silicone seal eliminates leaks and fits most cup holders!. **\$26**



These roomy **Natural Life Canvas Pouches** fit everything you need... perfect for staying organized at home or while traveling! There's a design that matches everyone, making them super easy to gift! Fill one with treasures you know your recipient will love, making it an even more special and fun gift! **\$21**

Dream Catchers are a sacred symbol that offers a blessing for peace and positive energy. It functions by filtering the good dreams from the bad dreams; it captures bad dreams and only allows good thoughts and dreams to enter the unconscious mind. **\$29+**



A cotton pillow featuring a typeset "This Is My Happy Place" sentiment in a neutral palette with a layered jute edge trim. Perfect for anyone's home **\$24**



# HOLIDAY GIFTS \$15 & UNDER

In Pomaire, a small town in Chile, the locals keep **good-luck** charms called **Chanchitos**. These charms take the form of small, three-legged pigs that are given to friends and loved ones as a token of good fortune. **\$12**



These **Air Fresheners** prove that it's the little things that mean the most! The shape and sentiment sparks a little joy and makes your heart happy every time you hop in your car! **\$8**

When the time is right to visit your sacred space, allow us to enlighten the journey. Each **magic candle** has been designed with a specific intention using a unique blend of essential oils by Crystal Journey. Each candle comes with an affirmation & inspirational message. **\$14**

Everyone you know can use a little cleanse around the home. **Sage, feathers, shells, incense and incense holders** makes for a perfect gift to bring any one of your dinner/holiday parties. Mix and Match to fit your budget. **\$5+**



Everyone loves the **Boho**  
**Bandeau®** and all the  
different ways to wear them!  
They are so cute & casual we  
like to call them "effortless  
outfit makers"! They don't slip  
on your head and are perfect  
for bad hair days, exercise,  
the beach, backpacking and  
even underneath a sundress  
as a bandeau! **\$14**

Feel the energy of the Earth with our best-selling **gemstone bracelets!** Made with authentic gemstone beads to help bring healthy and healing energy into your life. Wear one, wear several, wear them all! **\$15+**



**Essential oils** have been used for nearly 6,000 years, with the aim of improving a person's health or mood. We offer a large selection to choose from and if you don't see it, we will order it for you. **\$12+**



# HEALING & WELLNESS SERVICES

## THE PERFECT GIFTS FOR **YOURSELF CARE**



Stop and Smell the Oils. **Aroma Dome®** is a custom designed enclosure with the sole purpose to maximize the benefits of essential oils. This in combination with the Biomat is a perfect duo of relaxation. The **Biomat** is an FDA licensed medical device that combines state of the art Infrared light and Negative Ion technology with the healing power of Amethyst crystal. ... The Biomat is a revolutionary healing tool, ideal for health care professionals or anyone interested in improving their overall health and wellbeing. Only \$1 a Minute, so no excuse not to book a session.

Book your own **Personal Instruction**. Focus on you and explore a deeper insight into specific postures or categories of postures that interest you. Our teachers can help you with posture alignment, modifications and can help you develop a balanced home practice. Pick your favorite instructor and set something up for yourself today.



Are you looking to balance and clear out your energy system? Reiki is a form of alternative medicine called energy healing. **Reiki** practitioners use a technique called palm healing or hands-on healing through which a "universal energy" is said to be transferred through the palms of the practitioner to the patient in order to encourage emotional or physical healing.

Oracle cards can be the perfect gift if you are seeking guidance for short term type of questions that require you to do some inner reflection and soul searching. Tarot cards are great for long term type of questions that speak to your overall life journey. Book a reading of your choice and get the unconscious answers you are seeking.



email [info@justbreatheyoga.com](mailto:info@justbreatheyoga.com) or book directly through MindBody f

# HOST A PARTY

celebrate any occasion with us

## PARTY PACKAGES AVAILABLE

### restorative and rosé

#### basic party package

- 45 min restorative antigravity yoga
- 45 min studio time
- glass of rosé for everyone
- 
- pricing:
- \$325 for up to 10 adults
- 
- deluxe party package
- 60 min restorative antigravity yoga
- 60 min studio time
- 3 bottles of rosé
- rose quartz gemstone for everyone
- paper goods included
- set up / clean up provided
- 
- pricing:
- \$425 for up to 10 adults

### barre and bubbles

#### basic party package

- 45 min restorative antigravity yoga
- 45 min studio time
- glass of rosé for everyone
- 
- pricing:
- \$325 for up to 10 adults
- 
- deluxe party package
- 60 min restorative antigravity yoga
- 60 min studio time
- 3 bottles of rosé
- rose quartz gemstone for everyone
- paper goods included
- set up / clean up provided
- 
- pricing:
- \$425 for up to 10 adults

### wine down

#### basic party package

- 45 min yoga class
- 45 min studio time
- glass of wine for everyone
- 
- pricing:
- \$325 for up to 10 adults
- 
- deluxe party package
- 60 min yoga class
- 60 min studio time
- 3 bottles of wine
- paper goods included
- set up / clean up provided
- 
- pricing:
- \$425 for up to 10 adults

### half baked

#### basic party package

- 45 min yin/restorative yoga class
- 45 min studio time
- EuphoRX Cbd Products during class
- 
- pricing:
- \$395 for up to 12 adults
- 

#### deluxe party package

- 60 min yin/restorative yoga class
- 60 min studio time
- EuphoRX Cbd Products during class
- Cbd Cloud Water
- Cbd Bath Bomb for each guest
- Paper goods included
- Set up / clean up provided
- 
- pricing:\$595 for up to 12 adults
-

# HOST A PARTY

celebrate any occasion with us

## PARTY PACKAGES AVAILABLE

### teen/tween/kids yoga

#### basic party package

- 45 min mat yoga class
- 45 min studio time
- 
- pricing:
- \$295 for up to 10 kids
- \$15 for each additional
- 

#### deluxe party package

- 45 min mat yoga class
- 15 min. art project
- 45 min studio time
- yoga inspired gift for each child
- paper goods included
- set up / clean up provided
- 
- pricing:
- \$395 for up to 10 kids
- \$25 for each additional

### glowga

#### basic party package

- 45 min dark light yoga
- 45 min studio time
- glow bracelets for everyone
- 
- pricing:
- \$295 for up to 10 kids
- \$20 for each additional
- 

#### deluxe party package

- 60 min dark light yoga class
- 60 min studio time
- glow in the dark paint
- glow jewelry
- Paper goods included
- Set up / clean up provided

#### pricing:

- \$395 for up to 10 teens/adults
- \$25 for each additional
- 
- 

### teen/tween/kids fly

#### basic party package

- 45 min antigravity yoga class
- 45 min studio time
- 
- pricing:
- \$295 for up to 10 kids(sorry limit is 10 kids)
- 

#### deluxe party package

- 45 min mat yoga class
- 15 min. art project
- 45 min studio time
- yoga inspired gift for each child
- paper goods included
- set up / clean up provided
- 
- pricing:
- \$495 for up to 10 kids

### create your own party

Have your own kind of party in mind?  
We are here to help you plan whatever  
your heart desires.

Email [jude@justbreatheyoga.com](mailto:jude@justbreatheyoga.com)

•





2020  
best  
yoga  
studio

**CLICK HERE TO VOTE**