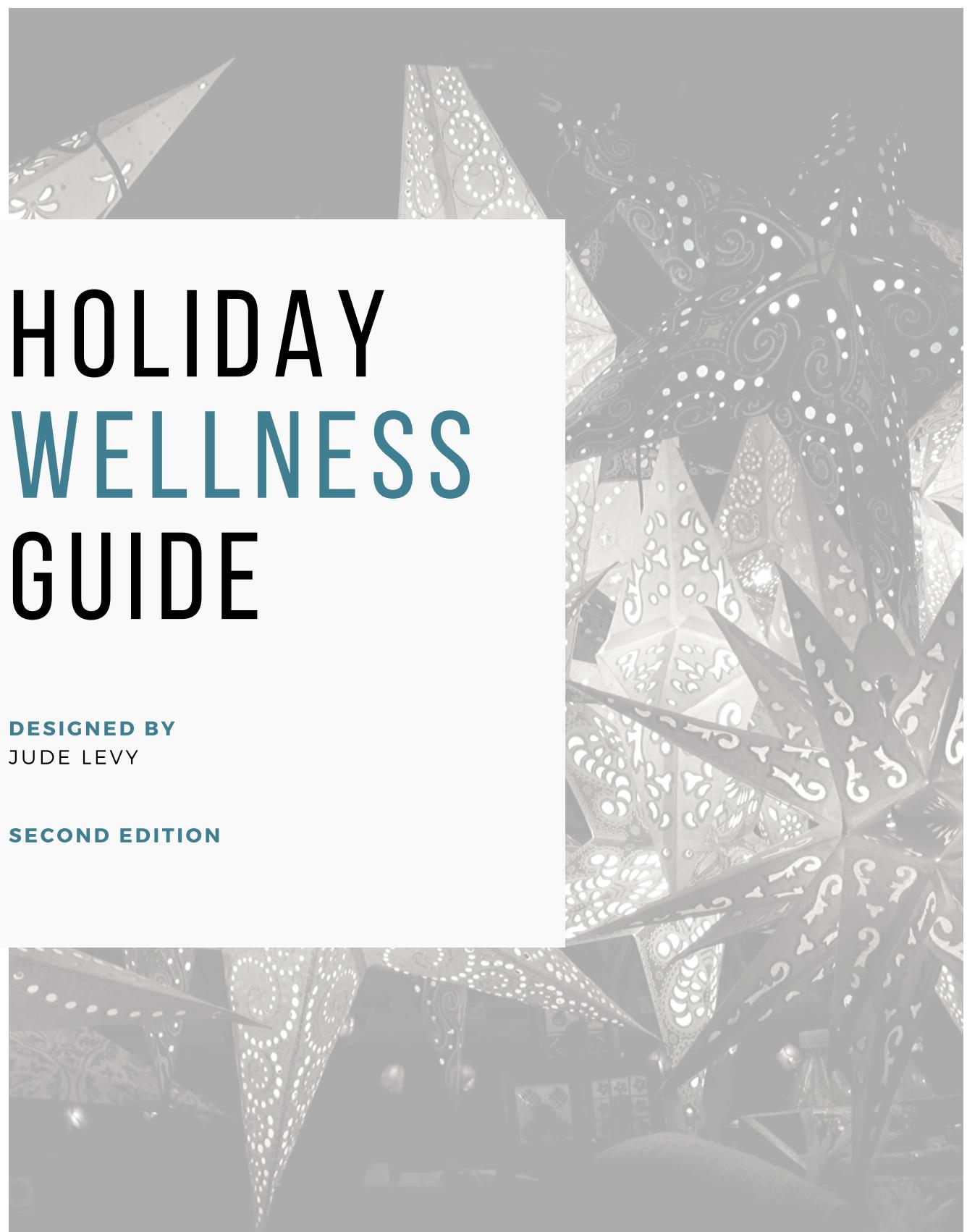


JUST BREATHE YOGA, BOUTIQUE & WELLNESS





Donate
& Support
Make a Wish
Foundation.



Hot Beginner 9:30A
Yoga4Every1 9:45A
Donation Based Only

TIS THE SEASON



With the holiday season ahead it's important that we utilize our yoga tools to get us through the stress and emotions that may come with this time of year.

For some people this is the best time of the year and for some it can be quite the opposite. According to a survey 45% of Americans reported they would rather skip the holidays. Feeling depressed or anxious is not unusual during this time of the year.

A busy social calendar of upcoming celebrations can cause a great deal of stress. These feelings may be even worse for those who have experienced deep loss or living far from family and friends. All of these factors can be a drain on your energy.

Prioritizing your health during the holidays is important. Keeping your stress level down helps with more than staying relaxed — it can ensure you enjoy a better overall health this holiday season.

Here are some tips we put together to help keep you on track throughout the season...

WAYS TO THRIVE

THIS HOLIDAY SEASON

Practice karma yoga.

Karma yoga is the yoga of action. It's about purifying your heart by learning to act selflessly in service of others. Through karma yoga we learn kindness and compassion without an expectation of gain. Find a way to donate time and enjoy the kindness it brings.

**"REMEMBER THAT THE
HAPPIEST PEOPLE ARE
NOT THOSE GETTING
MORE, BUT THOSE
GIVING MORE."**

— H. JACKSON BROWN JR.

Stay connected.

Make sure to leave time to spend with friends and/or family who value you. Call your close friends and family for a "reality check" or some "grounding." Remember you can ask for support if you need it.

Keep your regular routine.

A change in routine can lead to additional stress. Make sure you stay on your mat and stick to as normal a diet as you possibly can.

Be realistic. Don't attach.

So many of us have an idealized version of what the holidays should be like and are very disappointed when they don't live up to those expectations. Sometimes when we are around family and friends it makes us think we need to be who we were and not who we are. *Don't fall into that trap, stay grounded and true to the perfect human you are right now.*

Practice kindness (to yourself).

If you're feeling down, do what feels good. Remember, this is your holiday too. Be there for yourself as much as you are there for others. Treat yourself to pampering when needed. Self Love comes first.

Practice forgiveness.

When we hold on to history and the pain of being hurt by someone we put our health at risk. Maybe this holiday season is the time to let go of all that energy. Choose to forgive with our without the apology and move on. Your stress levels will thank you for it.

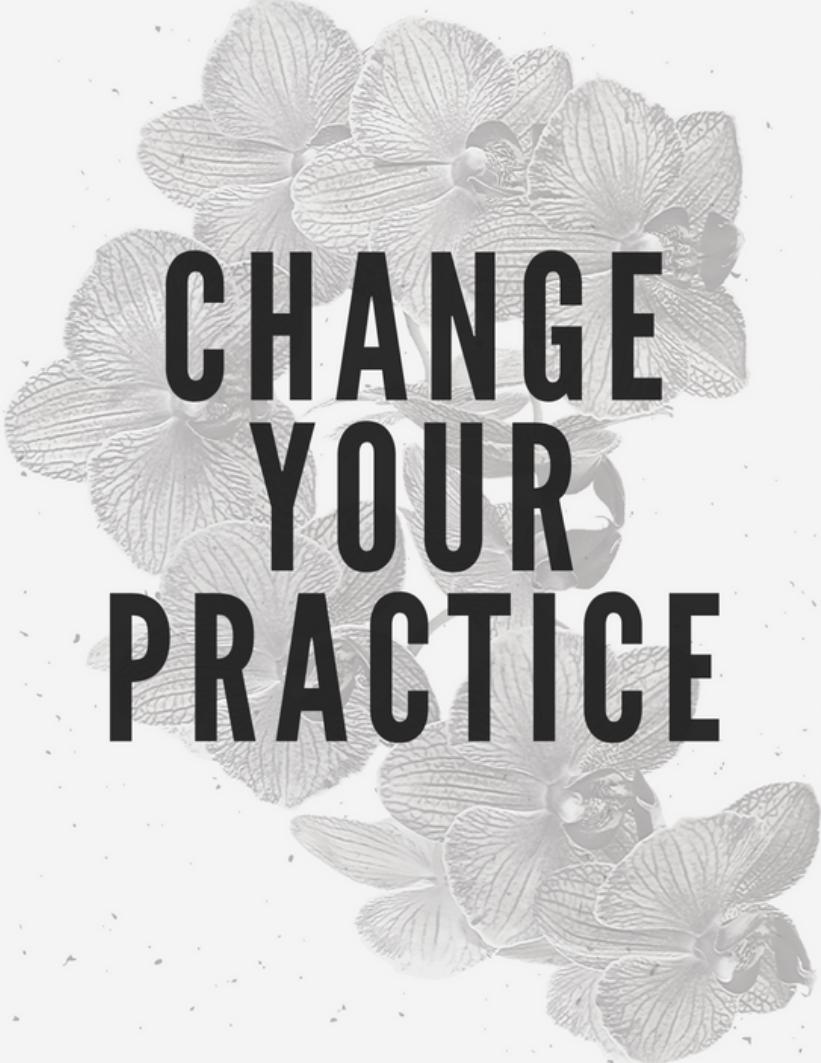
Stay in the right here, right now.

Put your mind in the present and focus on physical sensations. Try meditation for a few moments a day to reinforce this idea.

Everything is perfect in this exact moment.

YIN

ASH T A N G A



CHANGE
YOUR
PRACTICE

BIKRAM

INFERNO PILATES

RESTORE & SOUNDS ON LOW HAMMOCK

25

Led by Christine • Monday 11.18 • 6:00P

A comforting sound bath on the low hammocks.

PSYCHIC SLEEP & RESTORE

21

Led by Nick • Friday 11.22 • 6:00P

Find out what bliss is awaiting for you. Guided yoga nidra & restorative poses

THANKSGIVING DONATION CLASS

FREE

Led by Jude • Hot Beginner 9:30A

Led by Jen • Yoga4Every1 9:45A

This year all donations will go to support Make a Wish Foundation.

HALF BAKED CBD & HOT YIN

27

Led by Jude • Friday 11.29 • 6:15P

Perfect way to decompress after your holiday...We know you will need it.

AWAKENING THE ANGELIC CONNECTION: SOUND & ENERGY HEALING

40

Led by Billy & Tina • Friday 12.6 • 7P

Through the magical sounds and guided meditation you will find the magic and love found deep in the heart.

This event sells out, please register

LAUGHING LOTUS FLOW/WORKSHOP

65

Led by Christine Abajain • Sunday 12.8 • 12-3P

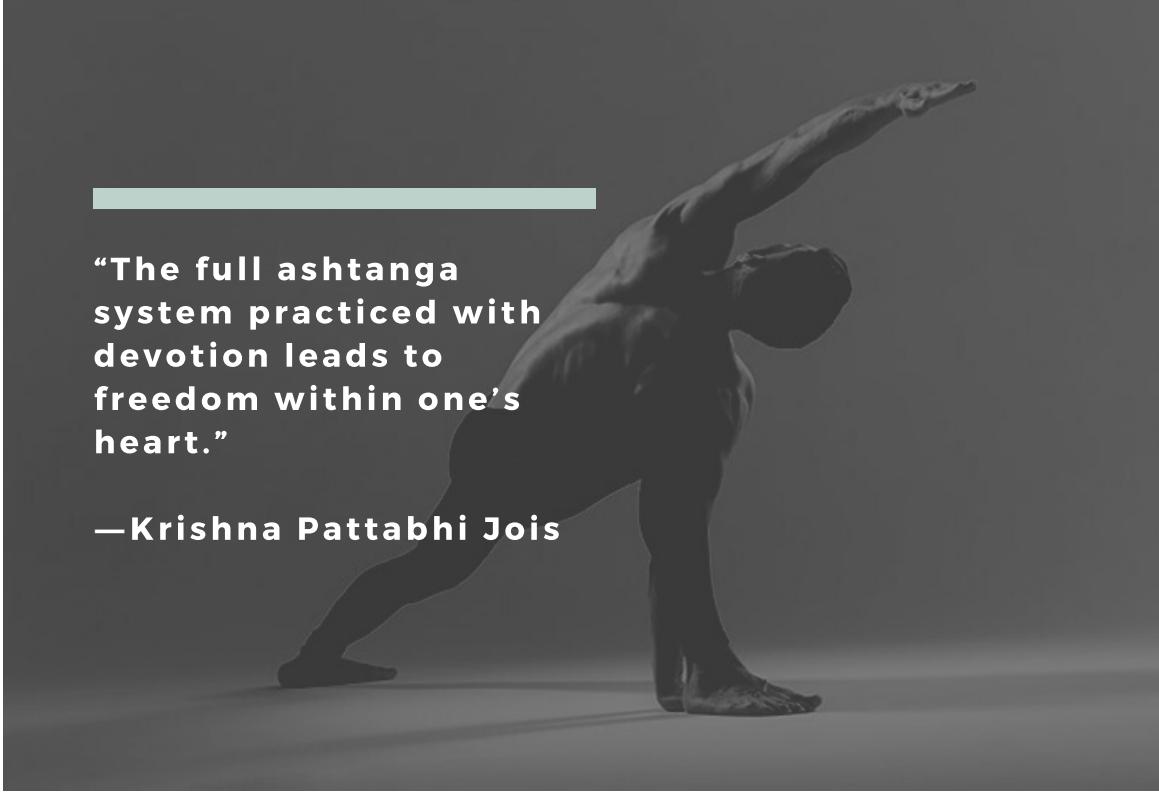
Ever hear of Laughing Lotus Flow? If not, this will spark new energy into your practice. 75 min. Master Class and Workshop right after.

STAY TUNED:

Enneagrams, Feng Shui for the New Year, Yin Training, Restorative Training, Prenatal Training and much more to bring you a 2020 worth remembering

SPECIAL EVENTS

THE ESSENCE OF ASHTANGA



“The full ashtanga system practiced with devotion leads to freedom within one’s heart.”

—Krishna Pattabhi Jois

Ashtanga Vinyasa Yoga is the traditional style of hatha yoga popularized by Sri K. Pattabhi Jois of Mysore, South India, (1915-2009). It has its roots in an ancient text called the Yoga Korunta, written by Vamana Rishi. This text was imparted to Sri T. Krishnamacharya in the early 1900's by his guru, Rama Mohan Brahmachari. It was later passed down to Pattabhi Jois during the duration of his studies with Krishnamacharya, beginning in 1927. In the practice of Ashtanga Vinyasa Yoga, breath is united with movement and attention to create a meditative and purifying style of yoga. Ashtanga Vinyasa Yoga is the source of most all vinyasa, power and flow style yogas that are popular in the West today.

There are five Ashtanga asana series and each student must master every pose of the first series before moving onto the second series. The first series begins with ten sun salutations (five A and five B), continues with a series of standing poses done on each side, and finishes with a set of inversions and seated poses, which are linked by a vinyasa sequence. The ultimate purpose of the Ashtanga practice is purification of the body and mind. By moving so quickly and powerfully, you will get a lot of tapas & everything extra, physical and mental, will have to get out the way. This practice has a strong sense of purpose and you are forced to focus and grow.

ASHTANGA CLASSES

WED 6AM Hot Ashtanga Hour

THU 6PM Hot Primary Series

SUN 8AM Hot Primary Series

Benefits Of Ashtanga Yoga

Ashtanga comes with all the benefits of a regular yoga practice--strength, flexibility, stress management, and inner peace.

Because the series is so demanding (and in traditional practice you're expected to practice most days) you will get really strong really fast. There is no part of the body that doesn't work hard in this practice.

Ashtanga Yoga is the eight-limbed path of conscious living and spiritual practice that guides one towards Self-Knowledge, liberation and cessation of personal suffering. It is presented in the Yoga Sutras which was compiled around 200 BCE by the great sage Patanjali.

EIGHT LIMBS OF YOGA

Yama - Restraints

- Ahimsa – non violence
- Satya – truthfulness
- Asteya – non stealing
- Brahmacharya – non-indulgence in sexual activity
- Aparigraha – non greed

Niyama - Observances

- Shaucha – purity within & without
- Santosha – contentment
- Tapas – discipline
- Svadaya – Self / scriptural study
- Ishvarapranidana – surrender

OPENING CHANT

Om

Vande Gurunam Charanaravinde
Sandarshita Svatma Sukhava Bodhe
Nih Shreyase Jangalikayamane
Samsara Halahala Mohashantiyai
Abahu Purushakaram
Shankachakrasi Dharinam
Sahasra Shirasam Shvetam
Pranamami Patanjali

Om

TRANSLATION

I bow to the lotus feet of the Gurus,
The awakening happiness of one's own Self
revealed, Beyond better, acting like the
jungle physician, Pacifying delusion, the
poison of Samsara. Taking the form of a
man to the shoulders,
Holding a conch, a discus, and a sword, One
thousand heads, white,
To Patanjali, I salute.

Asana

Posture (practicing on your mat)

Pranayama

Control of breath and prana

Pratyahara

Directing the senses inwards

Dharana

Concentration

Dhyana

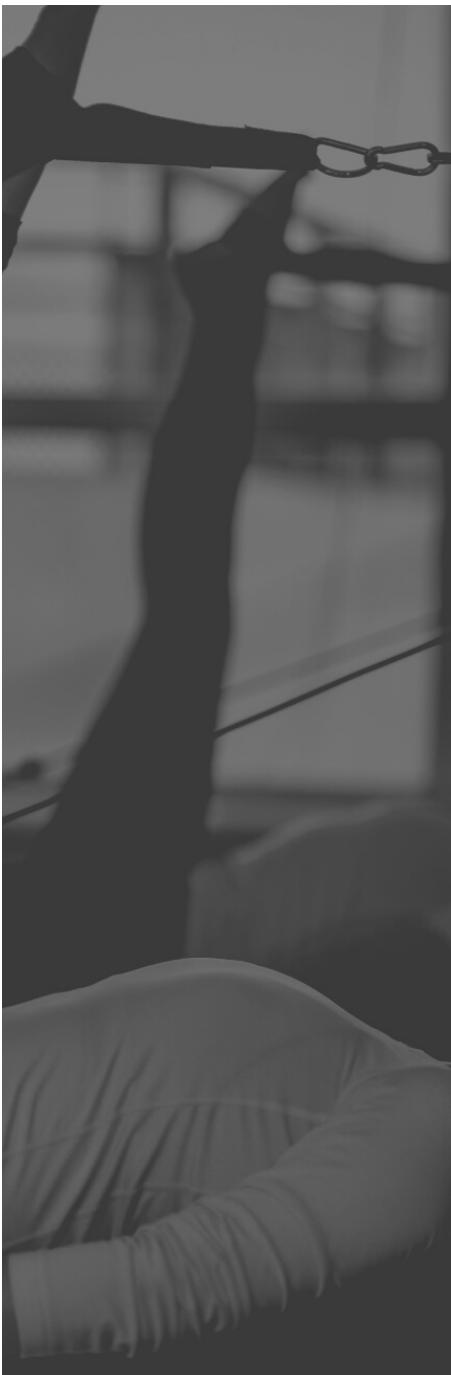
Meditation

Samadhi

Unified consciousness

INFERNO PILATES

IT'S ALL THE RAGE & WE WON'T LET YOU MISS OUT



This style of pilates based workout is held in a room of 95 degrees and 40% humidity to be exact. I know, I know! I can hear all your teeth chattering as you Hot Yogis read that! But because there's a bit more moving around, the temperature actually works. You will sweat - A LOT -

Hot Pilates is an extremely challenging full-body workout using Pilates principles. There is no impact, so it is safe practice for all fitness levels of students. And it makes you feel goooooood. With Hot Pilates, you will tap into that core strength.

Why would you do Hot Pilates?

Hot Pilates creates long lean muscle mass, burns fat, and increases fitness levels. It creates a stronger core, improves circulation, and increases flexibility. It is performed on a yoga mat making it zero impact, protecting your joints and muscles from the pounding of other exercises like running and jumping.

How does it work?

Hot Pilates combines cardio and muscle toning in a heated room. The high intensity interval training keeps your heart rate up, helping you burn fat. The Pilates principles sculpt your body, creating long lean muscle mass. The heat loosens up the muscles quickly, and the humidity makes you sweat — elevating your heart rate, boosting metabolism, and promoting detoxification.

Check out all the benefits of this practice on the next page...

INCREASES YOUR METABOLISM

Inferno Pilates is amazing for the entire cardiovascular system as it increases cardiovascular abilities, increases the amount of calories burned in and after class, and speeds up the metabolism.

HELPS BUILD FOCUS

A hot room adds intensity. Being in the hot room helps build self-belief in what you are capable of achieving and creates a positive mindset that you can take out and apply in your daily life.

HELPS MAINTAIN GLOWING SKIN

When you sweat, you expel dirt and grime from your pores. And sweat also helps to keep skin moist and hydrated. This can be especially helpful in winter when we cover up and use a lot of artificial heating.

HEAT IS THERAPEUTIC

Heat therapy has been used for centuries. When the body is heated, more blood vessels dilate, which promotes blood flow. Increased blood flow can aid in pain relief. Toxins can be flushed out of injured areas of the body allowing for better range of movement.

**INFERNO PILATES 'HIITS 'THE HOT
ROOM STARTING DECEMBER 4/7**

**Wednesday 8-9P
Saturdays 12-1P**

BUILDS CORE STRENGTH

Pilates works the core specifically and deliberately. A strong core also helps reduce back pain. To support the spine, we need to create strong healthy muscles around it to keep it exactly where it's meant to be. And the core is one of the most important elements of this.

INCORPORATES HIIT TRAINING

High Intensity Interval Training is when you combine high intensity cardio movements with recovery periods, alternating in small bursts of time. This keeps the heart rate up and it's one of the best-known ways to burn a lot of calories both in class and for hours after.

HELPS BOOST YOUR MOOD

Inferno Pilates causes happy endorphins to rush through the body post class, causing a positive mindset that feeling good inside and out.





JUST BREATHE YOGA

12 DAYS OF XMAS SALE

IN STUDIO ONLY



12.12



**\$1 A MIN
YOGA
PRIVATES**

45 minute minimum
limit 1 private per person

12.13



**\$1 A MIN
REIKI
PRIVATES**

30 minute minimum
limit 1 private per person

12.14



**\$1 A MIN
BIOMAT
SESSION**

30 minute minimum
limit 1 private per person

12.15



**20% OFF
CLASS CARD
PACKAGE**

limit 1

12.16



**20% OFF
MONTHLY
PACKAGE**

limit 1

12.17



**20% OFF
6 MONTH
PACKAGE**

limit 1

12.18



**BUY 1 GET 1
30% OFF
MAT TOWELS**

limit 2

12.19



**BUY 1 GET 1
30% OFF
SPORTS BRAS**

limit 2, sale on equal or lesser value

12.20



**BUY 1 GET 1
30% OFF
YOGA PANTS**

limit 2, sale on equal or lesser value

12.21



**BUY 1 GET 1
40% OFF
COLD WEATHER
ACCESSORIES**

limit 2, sale on equal or lesser value

12.22



**BUY 1 GET 1
40% OFF
COLD WEATHER
APPAREL**

limit 2, sale on equal or lesser value

12.23



**BUY 1 GET 1
40% OFF
JUST BREATHE
APPAREL**

limit 2, sale on equal or lesser value



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 its 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 its own individual quality or "personality." . **\$56-99**

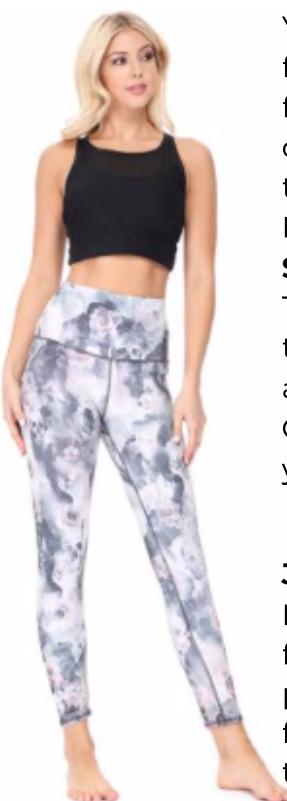


You can count on budget friendly ,comfortable and fashionable yoga clothes that carry you from sun salutations through savasana.

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 & Hoodies in 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+**

Himalayan 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+**



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+**



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+**



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 or book directly through MindBody

HOST YOUR OWN HOLIDAY CELEBRATION

FRIENDS GIVING



FRIENDSGIVING



While friends have been gathering to celebrate Thanksgiving together as long as the holiday has existed, at some point the term **Friendsgiving** was officially coined.

Friendsgiving is meant to be fun, and is supposed to eliminate all of the things you don't miss about having Thanksgiving with your family — like your aunt giving you a hard time about still being single. However, some people wrote on Urban Dictionary that some of these family Thanksgiving ordeals are creeping into Friendsgiving celebrations, which is what always happens when friends become family and get comfortable enough with one another to reveal their true selves.

Friendsgiving will quickly create memories that you'll laugh about for years to come, and genuinely miss once the tradition fades away. From epic doughnut-salad desserts that double as appetizers, to undercooked birds, to competitive games of charades, it's important to realize how special and rare a tradition like an epic Friendsgiving celebration is while it's happening.

Are you ready to start your own tradition?

Rule 1: It isn't Friendsgiving without a Turkey or Tofurkey. As the host of this epic event you are in charge of cooking the main dish.

Rule 2:

Do not attempt to host Friendsgiving dinner alone. Remember, Friendsgiving = potluck. This should go without saying. Resist, trying to do it all for the sake of your own well-being and that of your friends. They want to enjoy the best of you on this happy holiday, not the stressed-out worst.

Rule 3:

Plan ahead. Send out your invite as far in advance as you can, so the procrastinators have time to procrastinate and the planners have time to plan.

Rule 4:

Be inclusive. Don't forget that the holiday is all about inclusivity, so check with your guests to see if they (or their plus-ones) have any dietary restrictions. If non-meat-eaters are coming, make sure there's at least one hearty dish that can serve as an entrée-alternative to the turkey.

Rule 5:

Make it a party, not a meal. Let your hair down, have a stiff "insert your favorite item here", and get everybody in a good, fun mood. Put out everyone's dishes and let people eat what they want when they want. Use the dinner table as a buffet table and let people chow anywhere but a dinner table decorated with fall crap. Have a party playlist ready to go and playing when people arrive (you can ask for song requests in your invite). Then, when people have had some time to eat and drink, bust out some games or put on a bad movie. If need be, offer places to sleep for those desperate to nap.

Rule 6:

Coordinate the cleanup. When the dust settles, there's going to be a huge mess and a lot of cleaning to do. Whatever you do, do not—repeat, do not—let everyone skip out on it. The trick to this is assigning people a job before the party starts. The only thing you should be in charge of is a general tidying up of your place after everything has been disheveled and moved around.

Rule 7: There's nothing wrong with too much food.

With a dinner like Thanksgiving, people tend to have not just a favorite dish they've been looking forward to all year, but also their favorite version of it. Besides, there can never be too many carbs on Friendsgiving. That being said, if two people have their hearts set on bringing the same dish, encourage them to bring different flavors.

Rule 8:

Stock up on disposable containers for leftovers. Thanksgiving leftovers are one of the best parting gifts, plus it'll spare you from having to play fridge Jenga for the next week. You can certainly encourage your guests to bring their own containers, but some are likely to forget.



THE FASTEST ROAST TURKEY IN HISTORY

- **10 servings**
- 2 lemons
- Nonstick spray, as needed
- 8 tablespoons (1 stick) unsalted butter at room temperature
- 4 garlic cloves, minced
- 1 tablespoon chopped fresh thyme
- 1 tablespoon chopped fresh rosemary
- One 15-pound turkey, cut into breasts, thighs, drumsticks and wings
- Kosher salt
- Freshly ground black pepper
- 3 sweet onions, peeled and quartered
- 2 cups chicken broth



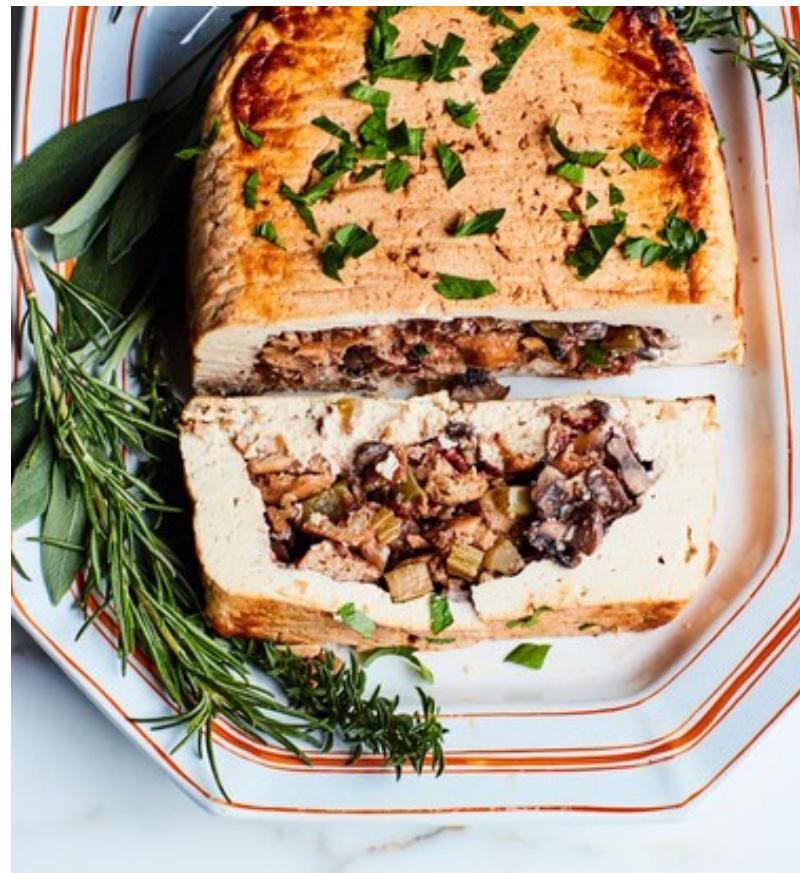
1. Preheat the oven to 425°F. Lightly grease two baking sheets with nonstick spray.
2. Zest one of the lemons into a small bowl and mix with the butter, garlic, thyme and rosemary.
3. Slide your fingers under the skin of each piece of the turkey and generously spread the butter mixture underneath. Rub the remaining butter on the outside of each piece. Season the turkey generously with salt and pepper.
4. Quarter the lemons and divide among the two baking sheets along with the onions.
5. Arrange the thighs, drumsticks and wings on one baking sheet and the breasts on the other.
6. Transfer the baking sheets to the oven and pour 1 cup broth into each. Roast until an instant-read thermometer inserted into the thickest part of a breast and thigh registers 165°F, 30 to 33 minutes. If the skin looks too dark before the meat has reached the correct temperature, lower the oven temperature to 375°F for the remainder of the cook time.
7. Transfer to a serving platter and garnish with the roasted onions and lemons.

VEGAN TOFURKEY WITH GRAVY

For the tofurkey

8 servings

- 4 tablespoons vegetable oil, divided, plus more for pan
- 1 French demi baguette (about 4 1/2 ounces), cut into 1/4" cubes (about 3 cups)
- 1/2 cup raw pecans, coarsely chopped
- 1/2 medium onion, chopped
- 1 garlic clove, finely chopped
- 5 sprigs thyme
- 8 ounces crimini mushrooms, coarsely chopped
- 1 large celery stalk, sliced crosswise into 1/4"- (about 3/4 cup)
- 1 cup homemade vegetable stock
- 1/3 cup dry white wine
- 1 3/4 teaspoons kosher salt, divided
- 1/4 teaspoons freshly ground black pepper, divided
- 2 tablespoons soy sauce
- 1 tablespoon pure maple syrup
- 1/2 teaspoon smoked paprika
- 1/8 teaspoon cayenne pepper
- 3 (14-ounce) packages extra-firm tofu
- 3 tablespoons white miso paste
- 2 tablespoons cornstarch
- 1 teaspoon garlic powder
- 1 tablespoon chopped parsley



For the gravy

- 3 tablespoons vegetable oil, divided
- 12 ounces crimini mushrooms, coarsely chopped
- 2 shallots, quartered
- 1 garlic clove, crushed
- 5 sprigs thyme
- 2 fresh bay leaves
- 4 cups homemade vegetable stock or low-sodium vegetable broth
- 2 tablespoons all-purpose flour
- 1/2 cup dry white wine
- 1 tablespoon coarsely chopped parsley
- 1 1/2 teaspoons kosher salt, plus more
- 1/4 teaspoon freshly ground black pepper, plus more

For the tofurkey

- 1.:Preheat oven to 425°F.
- 2.Grease oval pan with oil, then place a 12" strip of parchment lengthwise down center of pan, leaving a 1" overhang.
- 3.Arrange bread and pecans in a single layer on a rimmed baking tray and bake until bread is light golden brown and dry, about 8 minutes.
- 4.Heat 2 Tbsp. oil in a large skillet over medium.
- 5.Cook onion, garlic, and thyme, stirring, until onion is translucent, about 3 minutes.
- 6.Add mushrooms and cook until just beginning to brown, about 5 minutes.
- 7.Add celery and cook, stirring often, until mushrooms are cooked through, about 3 minutes more.
- 8.Transfer mixture to a large bowl; remove thyme sprigs.
- 9.Add bread and pecans, toss to combine, and set aside.
- 10.Pour stock and wine into hot skillet and heat over medium-high, scraping up browned bits with a spoon; season with 1 tsp. salt and 1/2 tsp. black pepper.
- 11.Cook, stirring, until just combined, about 1 minute.
- 12.Pour over bread mixture, then toss to combine.
- 13.Whisk soy sauce, maple syrup, paprika, cayenne, 2 Tbsp. oil, and 1/2 tsp. salt in a medium bowl.
- 14.Break tofu into large chunks.
- 15.Working in batches, break up tofu with your hands and press down into a towel-lined colander to drain as much water as possible. Bring ends of towel together, gathering tofu into the middle, and squeeze towel into a ball to expel as much water as possible.
- 16.Transfer tofu to a food processor.
- 17.Add miso, cornstarch, garlic powder, and remaining 2 tsp. salt and 1/2 tsp. black pepper. Blend until smooth, about 30 seconds.
- 18.Using an oiled spatula, line bottom and interior sides of prepared pan with two-thirds of the tofu mixture, pressing firmly to create compact 3/4"-high walls.
- 19.Spoon mushroom mixture into the center and press down firmly. Cover with remaining tofu mixture; smooth surface.
- 20.(If you have leftover stuffing, bake remaining stuffing in a covered dish separately and serve as a side dish.)
- 21.Using a pastry brush, brush top generously with soy-maple glaze.Transfer pan to a rimmed baking sheet and bake tofurkey, brushing top with glaze halfway through, until loaf is set and lightly browned, about 30 minutes.
- 22.Line another rimmed baking sheet with parchment and place over oval pan.
- 23.Quickly but carefully invert pan to turn out tofurkey onto sheet, using parchment to gently remove from pan. Brush loaf all over with remaining glaze.
- 24.Heat broiler and broil until a light brown crust forms, 6-7 minutes. Cool at least 10 minutes. Top with parsley and serve with gravy alongside.

For the gravy:

1. Heat 1 Tbsp. oil in a medium saucepan over medium-low until beginning to brown and smells fragrant, about 30 seconds.
2. Cook mushrooms, shallot, garlic, thyme, and bay leaves, stirring occasionally, until mushrooms are tender and beginning to brown, about 5 minutes.
3. Add stock, bring to a simmer, and cook, stirring occasionally, until reduced by half, about 30 minutes.
4. Strain mushroom mixture through a fine-mesh sieve into a large bowl; wipe out pot.
5. Cook flour and remaining 2 Tbsp. oil in pot over medium heat, stirring constantly, until browned and thickened, 5-7 minutes.
6. Add wine, stir to combine, and cook 30 seconds.
7. Whisk in mushroom broth, parsley, 1 1/2 tsp. salt, and 1/4 tsp. pepper and bring to a simmer over medium-low heat.
8. Cook, stirring occasionally, until slightly reduced and thickened, about 10 minutes.
9. Season with salt and pepper.

Do Ahead

Stuffing can be made 1 day ahead; wrap tightly in plastic and chill.

Gravy can be made 3 days ahead; transfer to an airtight container and chill. Heat in a small pot over medium, whisking constantly and adding warm water or stock 1 Tbsp. at a time if needed, until smooth, about 5 minutes.



JUST BREATHE YOGA

MONDAY

9:30 am Beginner Hot Yoga
4:30 pm Hot Express
6:00 pm Yoga4Every1
6:15 pm Bikram Hour *
8:00 pm Hot Flow

TUESDAY

6:00 am Hot Wake and Bake
9:30 am Beginner Hot Yoga
4:30 pm Hot Express
5:45 pm Yoga4Every1
6:00 pm Hot Power & Yin
6:15 pm Anti Gravity (ends 11.26)
7:45 pm Restorative Sound Bath
8:00 pm Beginner Hot Yoga

WEDNESDAY

6:00 am Hot Ashtanga Hour
9:30 am Beginner Hot Yoga
4:30 pm Hot Power Hour
5:30 pm Yoga4Every1
6:00 pm Beginner Hot Yoga
7:15 pm Barre Fitness (ends 11.13)
8:00 pm Inferno Pilates* (starts 12.4)

SEASON ADDITIONS

MONDAY

6:15 pm Bikram Hour *

TUESDAY

7:45 pm Restorative Sound Bath*

WEDNESDAY

8:00 pm Inferno Pilates* (starts 12.4)

THURSDAY

6:00 pm Hot Ashtanga Primary *

FRIDAY

5:45 pm Teen/Tween Yoga * (starts 12.6)

SATURDAY

12:00 pm Inferno Pilates * (starts 12.7)



THURSDAY

6:00 am Hot Wake and Bake
9:30 am Hot Flow
12:00 pm Lunch Express
4:30 pm Hot Express
5:45 pm Yin & Restore
6:00 pm Hot Ashtanga Primary *
6:30 pm Flying Fitness
7:15 pm AromaFlow (ends 11.21)
8:00 pm Hot Flow

FRIDAY

8:00 am Beginner Hot Yoga
9:30 am Hot Flow
4:30 pm Happy Power Hour
5:45 pm Teen/Tween Yoga Series * (starts 12.6)

SATURDAY

8:00 am Hot Flow
8:30 am Yoga For Every1
10:00 am Beginner Hot Yoga
10:00 am Pre Natal
10:30 am AntiGravity
12:00 pm Inferno Pilates * (starts 12.7)
4:00 pm Hot Flow

SUNDAY

8:00 am Hot Ashtanga
8:30 am Yoga For Every1
9:15 am Barre Fitness (ends 11.17)
10:00 am Beginner Hot Yoga
10:00 am Kids Yoga
10:30 am Teen/Tween Anti Gravity Yoga
4:00 pm Hot Flow *

[DOWNLOAD THE MINDBODY APP](#)

SCHEDULE SUBJECT TO CHANGE AT ANY TIME

save the date

IT'S TIME TO CELEBRATE

DECEMBER 7TH, 2019

**SHOP TIL YOU DROP 12-4
STUDIO HOLIDAY CELEBRATION 6-???**

VENDOR APPLICATION

Full Name:

Address:

Phone:

Website:

Email:

DESCRIPTION

Briefly Describe What You Plan on Offering at this Event

Participants are responsible for their own supplies, set up and breakdown.

Vendor is responsible for all transactions, we are unable to collect monies on your behalf. If you need access to electricity, please make note for us.

There is a non-refundable exchange of \$50 made payable to:

Ujjayi Studios Inc. or you can call and use your CC. Your space will not be secure until we are in receipt of payment. No refunds, No exceptions. Please return this with payment to:
Jude@justbreathheyoga.com or at 299 Raft Avenue, Sayville, NY 11782.

We will let you know when we have approved your application.

Limited Spots. First Come First Serve.

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

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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@justbreathheyoga.com



2020

best

yoga studio

CLICK HERE TO VOTE

Just Breathe's

**BLACK
FRIDAY
SALE**

will be announced
on Facebook

11/25