

## Gift Certificates Available

Special occasion, Birthday,  
Random Acts of Kindness

Contact Sharon or Cristal



May - June 2021

## LOVING OUR NEW LOCATION

123 Union Ave  
Altoona, PA (by Grane Hospice)

[bloomherenow.com](http://bloomherenow.com)

### Monday

#### MINDFUL YOGA MEDITATION & RELAXATION

5:15-6:30  
Cristal Lidwell  
8 week series - \$90  
May 3rd - June 28th  
(no class May 31st)

#### MINDFUL YOGA MEDITATION & RELAXATION

7:00-8:15  
Cristal Lidwell  
8 week series \$90  
May 3rd - June 28th  
(no class May 31st)

### Tuesday

#### LIMITED MOBILITY CHAIR YOGA

4:30-5:30  
Sharon Green  
8 week series - \$60  
May 11 - July 6  
(No class June 29)

#### MINDFUL YOGA MEDITATION & RELAXATION

6:00-7:15  
Sharon Green  
8 week series - \$90  
May 4 - June 22

### Wednesday

#### KIND YOGA

9:30-10:45  
Sharon Green  
8 week series - \$90  
May 5 - June 23  
Gentle & Slower

#### MINDFUL YOGA MEDITATION & RELAXATION

5:45-7:00  
Cristal Lidwell  
8 week series - \$90  
May 5th - June 30th  
(no class June 2nd)

### Thursday

#### KIND YOGA

10:00-11:15  
Sharon Green  
8 week series - \$90  
May 6 - June 24  
Gentle & Slower

#### MINDFUL YOGA MEDITATION & RELAXATION

6:00-7:15  
Sharon Green  
8 week series - \$90  
May 6 - June 24

### Sunday

#### Yoga On the Beach Canoe Creek State Park

Beach Area 9-10:00 am  
2nd & 4th Saturdays  
June, July & August

Free with suggested \$5  
Contribution for Youth  
Education Programs

#### Mindfulness Meditation Hour

Tony Pater  
Koelle Williams  
Sunday 9:00-10:00AM

On Insight Timer App, join the  
Central PA Meditators Circle

#### PRIVATE CLASSES AVAILABLE

##### Sharon Green

\$50/class 1st adult  
\$20 add'l adult

##### Cristal Lidwell

\$35/class 1st adult  
\$15 add'l adult

\*Students may join  
mid-series for a prorated fee  
of \$15 per class for the  
series remainder.

\*Students may join multiple  
series at a discounted rate of  
\$80 per series.

Cash, Check or contact teacher for payment options

*Please contact the teacher listed  
for the class you're interested in.*

**Sharon Green** - [bloomyogamovesu@gmail.com](mailto:bloomyogamovesu@gmail.com) | 814-943-2333

**Cristal Lidwell** - [clidwell1304@gmail.com](mailto:clidwell1304@gmail.com) | 814-327-6879

**Tony Pater** - 814-935-1185

**Koelle Williams** 814-937-8018