

July/August Series
focuses on
BACK CARE



LOVING OUR NEW LOCATION

123 Union Ave
Altoona, PA (by Grane Hospice)

bloomherenow.com

July - August 2021

Monday

Tuesday

Wednesday

Thursday

Sunday

**MINDFUL YOGA
MEDITATION &
RELAXATION**

5:15-6:30

Cristal Lidwell

8 week series - \$90

July 5 - August 23

**LIMITED MOBILITY
CHAIR YOGA**

4:30-5:30

Sharon Green

8 week series - \$60

July 13 - August 31

KIND YOGA

9:00-10:15

Sharon Green

8 week series - \$90

July 7 - August 25

Gentle & Slower

KIND YOGA

10:00-11:15

Sharon Green

8 week series - \$90

July 8 - August 26

Gentle & Slower

Free
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

**MINDFUL YOGA
MEDITATION &
RELAXATION**

7:00-8:15

Cristal Lidwell

8 week series \$90

July 5 - August 23

**MINDFUL YOGA
MEDITATION &
RELAXATION**

6:00-7:15

Sharon Green

8 week series - \$90

July 6 - August 24

**MINDFUL YOGA
MEDITATION &
RELAXATION**

5:45-7:00

Cristal Lidwell

8 week series - \$90

July 7 - August 25

**MINDFUL YOGA
MEDITATION &
RELAXATION**

6:00-7:15

Sharon Green

8 week series - \$90

July 8 - August 26

**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.

Cash, Check or contact teacher for payment options

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

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

Sharon Green - bloomyogamovesu@gmail.com | 814-943-2333

Cristal Lidwell - clidwell1304@gmail.com | 814-327-6879

Tony Pater - 814-935-1185

Koelle Williams 814-937-8018