

September/October
series
Spine & Neck Health



Bloom
Yoga & Wellness, LLC
Gentle • Mindful • Accessible
September - October 2021

LOVING OUR NEW LOCATION
123 UNION AVE, STE 104
Altoona, PA (by Grane Hospice)

bloomherenow.com

Monday

Tuesday

Wednesday

Thursday

Sunday

**MINDFUL YOGA
MEDITATION &
RELAXATION**

5:15-6:30

Cristal Lidwell

8 week series - \$90
Sept 13 - Nov 1

**LIMITED MOBILITY
CHAIR YOGA**

4:30-5:30

Sharon Green

8 week series - \$60
Sept 21 - Nov 9

KIND YOGA

9:00-10:15

Sharon Green

8 week series - \$90
Sept 15 - Nov 3
Gentle & Slower

KIND YOGA

10:00-11:15

Sharon Green

8 week series - \$90
Sept 16 - Nov 4
Gentle & Slower

**Mindfulness
Meditation Hour**

Tony Pater

Koelle Williams

Sunday 9:00-10:00AM

To ensure spacing, Please
RSVP to either
Koelle at 814-937-8018 or
Tony at 814 -935-1185.

Suggested \$5 contribution is
requested to help support
Bloom Yoga & Wellness.
(Free to those who do not
have the financial means to
contribute)

On Insight Timer App, join the
Central PA Meditators Circle

**MINDFUL YOGA
MEDITATION &
RELAXATION**

6:45-8:00 **NEW TIME**

Cristal Lidwell

8 week series \$90
Sept 13 - Nov 1

**MINDFUL YOGA
MEDITATION &
RELAXATION**

6:00-7:15

Sharon Green

8 week series - \$90
Sept 14 - Nov 2

**MINDFUL YOGA
MEDITATION &
RELAXATION**

5:45-7:00

Cristal Lidwell

8 week series - \$90
Sept 15 - Nov 3

**MINDFUL YOGA
MEDITATION &
RELAXATION**

6:00-7:15

Sharon Green

8 week series - \$90
Sept 16 - Nov 4

PRIVATE CLASSES AVAILABLE

Sharon Green

\$50/class 1st adult
\$15 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 - yogamovesu@yahoo.com | 814-943-2333

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

Tony Pater - 814-935-1185

Koelle Williams 814-937-8018