

November-December
series
"Soothing Our Beings"
during the holiday season



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

bloomherenow.com

Monday

**MINDFUL YOGA
MEDITATION &
RELAXATION**
5:15-6:30
Cristal Lidwell
5 week series - \$60
Nov 8 - Dec 13
(No class Nov 22)

**MINDFUL YOGA
MEDITATION &
RELAXATION**
6:45-8:00
Cristal Lidwell
5 week series \$60
Nov 8 - Dec 13
(No class Nov 22)

Tuesday

**LIMITED MOBILITY
CHAIR YOGA**
4:30-5:30
Sharon Green
3 week series - \$25
Nov 30 - Dec 14

**MINDFUL YOGA
MEDITATION &
RELAXATION**
6:00-7:15
Sharon Green
5 week series - \$60
Nov 9 - Dec 14

Wednesday

KIND YOGA
9:00-10:15
Sharon Green
5 week series - \$60
Nov 10 - Dec 15
Gentle & Slower

**MINDFUL YOGA
MEDITATION &
RELAXATION**
5:45-7:00
Cristal Lidwell
5 week series - \$60
Nov 10 - Dec 15
(No class Nov 24)

Thursday

KIND YOGA
10:00-11:15
Sharon Green
5 week series - \$60
Nov 11 - Dec 16
Gentle & Slower

**MINDFUL YOGA
MEDITATION &
RELAXATION**
6:00-7:15
Sharon Green
5 week series - \$60
Nov 11 - Dec 16

Sunday

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

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