

**FREE**  
**YOGA FOR UNWINDING**  
**Thurs, Feb 3 4:15-5:15**  
Pre-register with Sharon



**LOVING OUR LOCATION**  
**123 UNION AVE, STE 104**  
**Altoona, PA**  
**(former Mierley Motors Building)**  
**bloomherenow.com**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Sunday**

**MINDFUL YOGA  
MEDITATION &  
RELAXATION**

5:15-6:30  
Cristal Lidwell  
8 week series - \$90  
March 14 - May 2

**LIMITED MOBILITY  
CHAIR YOGA**

4:30-5:30  
Sharon Green  
8 week series - \$60  
April 5 - May 24

**KIND YOGA**

9:00-10:45  
Sharon Green  
8 week series - \$90  
March 16 - May 4  
Gentle & Slower

**KIND YOGA**

10:00-11:15  
Sharon Green  
8 week series - \$90  
March 17 - May 5  
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.

**MINDFUL YOGA  
MEDITATION &  
RELAXATION**

6:45-8:00  
Cristal Lidwell  
8 week series \$90  
March 14 - May 2

**MINDFUL YOGA  
MEDITATION &  
RELAXATION**

6:00-7:15  
Sharon Green  
8 week series - \$90  
March 15 - May 3

**MINDFUL YOGA  
MEDITATION &  
RELAXATION**

5:45-7:00  
Cristal Lidwell  
8 week series - \$90  
March 16 - May 4

**YOGA FOR  
UNWINDING**

4:15-5:15  
Sharon Green  
8 week series - \$90  
April 21 - June 8

**MINDFUL YOGA  
MEDITATION &  
RELAXATION**

6:00-7:15  
Sharon Green  
8 week series - \$90  
March 17 - May 5

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.

*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