

**Yoga for Sleep Support
Mini-Retreat
Saturday April 30
9:30-12:30 Fee: \$50**



**LOVING OUR LOCATION
123 UNION AVE, STE 104
Altoona, PA
bloomherenow.com
May - June 2022**

Monday

Tuesday

Wednesday

Thursday

Sunday

**MINDFUL YOGA
MEDITATION &
RELAXATION**
5:15-6:30
Cristal Lidwell
8 week series - \$90
May 9 - July 11
(no class 5/30 & 7/4)

**LIMITED MOBILITY
CHAIR YOGA**
4:30-5:30
Sharon Green
8 week series - \$60
May 31 - July 26
(no class 6/28)

KIND YOGA
9:00-10:15
Sharon Green
8 week series - \$90
May 11 - July 6
(no class 6/29)
Gentle & Slower

KIND YOGA
10:00-11:15
Sharon Green
8 week series - \$90
May 12 - July 7
(no class 6/30)
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
May 9 - June 11
(no class 5/30 & 7/4)

**MINDFUL YOGA
MEDITATION &
RELAXATION**
6:00-7:15
Sharon Green
8 week series - \$90
May 10 - July 5
(no class 6/28)

**MINDFUL YOGA
MEDITATION &
RELAXATION**
5:45-7:00
Cristal Lidwell
8 week series - \$90
May 11 - July 13
(no class 6/1 & 7/6)

YOGA FOR UNWINDING
4:15-5:15
Sharon Green
8 week series - \$90
April 21 - June 8
(no class 6/30)

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

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.

**MINDFUL YOGA
MEDITATION &
RELAXATION**
6:00-7:15
Sharon Green
8 week series - \$90
May 12 - July 7
(no class) 6/30

On Insight Timer App, join the
Central PA Meditators Circle

*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