

Hope You Can Join Us!!!
Yoga on the Beach
Canoe Creek State Park

****details on back of flyer****



LOVING OUR LOCATION
123 UNION AVE, STE 104
Altoona, PA
bloomherenow.com

July - September 2022

Monday

Tuesday

Wednesday

Thursday

Sunday

**MINDFUL YOGA
MEDITATION &
RELAXATION**
5:15-6:30
Cristal Lidwell
8 week series - \$90
July 25 - Sept 19
(no class 9/5)

**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
July 13 - Sept 7
(no class 8/31)
Gentle & Slower

KIND YOGA
10:00-11:15
Sharon Green
8 week series - \$90
July 14 - Sept 8
(no class 9/1)
Gentle & Slower

**Resume weekly
Meditation Hour the
Sunday after Labor Day,
September 11**

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
July 25 - Sept 19
(no class 9/5)

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

**MINDFUL YOGA
MEDITATION &
RELAXATION**
5:45-7:00
Cristal Lidwell
8 week series - \$90
July 27 - Sept 21
(no class 9/7)

YOGA FOR UNWINDING
4:15-5:15
Sharon Green
8 week series - \$90
June 16 - Aug 11
(no class 6/30)

**Summer Meditation
Dates:
July 10 & 17
August 21 & 28**

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.

**MINDFUL YOGA
MEDITATION &
RELAXATION**
6:00-7:15
Sharon Green
8 week series - \$90
July 14 - Sept 8
(no class 9/1)

*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