

May You Savor the Blessings of the Season



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

November - December 2022

Monday

Tuesday

Wednesday

Thursday

Saturday/Sunday

MINDFUL YOGA MEDITATION & RELAXATION

5:15-6:30
Cristal Lidwell
4 week series - \$50
Nov 28 - Dec 19

LIMITED MOBILITY CHAIR YOGA

4:30-5:30
Sharon Green
3 week series - \$20
Dec 6-20

KIND YOGA

9:00-10:15
Sharon Green
6 week series - \$70
Nov 9 -Dec 21
(no class Nov 23)
Gentle & Slower

KIND YOGA

10:00-11:15
Sharon Green
6 week series - \$70
Nov 10 - Dec 22
(no class Nov 24)
Gentle & Slower

MINDFUL YOGA MEDITATION & RELAXATION

6:45-8:00
Cristal Lidwell
4 week series \$50
Nov 28 - Dec 19

MINDFUL YOGA MEDITATION & RELAXATION

6:00-7:15
Sharon Green
6 week series - \$70
Nov 8 - Dec 20
(no class Nov 22)

MINDFUL YOGA MEDITATION & RELAXATION

5:45-7:00
Cristal Lidwell
4 week series - \$50
Nov 30 - Dec 21

YOGA FOR UNWINDING

4:15-5:15
Sharon Green
6 week series - \$70
Nov 10 - Dec 22
(no class Nov 24)

MINDFUL YOGA MEDITATION & RELAXATION

6:00-7:15
Sharon Green
6 week series - \$70
Nov 10 - Dec 22
(no class Nov 24)

Prenatal Yoga & Wellness Program

Saturdays
November 5, 12, 19, Dec 3
9:00-11:30AM
\$125
To register, contact Sharon
(814) 943-2333
yogamovesu@yahoo.com

Weekly Meditation Hour Sunday

9:00-10:00AM
(No Class November 26,
December 25, January 1)
To ensure spacing,
Please RSVP to
Koelle at 814-937-8018 or
Tony at 814 -935-1185
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

*Participants may join series
anytime for a prorated fee.

*Drop-ins \$20 with teacher
preregistration

*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