

Bloom Yoga & Wellness Winter 2018 Schedule

Sharing Peace, Kindness, Healing & Fun

Monday	Tuesday	Wednesday/Thursday	Friday	Saturday
<p>Mindful Flow Yoga 5:30-6:45 pm <u>Jan 8 - Feb 26</u> (8wk series \$75) Cristal Lidwell (814) 327-6879</p>	<p>Adult/Child Yoga Dance (up to age 5) 12:30-1:15 pm Tracey Roth (814) 932-1912 Register by 7:00pm Monday for EACH class</p>	<p>Wednesday Kind Yoga *NEW TIME 9:30-10:45 am <u>Jan 3 - Feb 21</u> (8wk series \$75) Sharon Green (814) 943-2333</p>	<p>** NEW ** Allegheny Mindfulness Stress Reduction Course 10-11:30 am <u>Jan 12 - Feb 16</u> (6 wk series \$150/person) Pre-Registration Required Courtney (814) 935-1912 or Julie (814) 931-1556</p>	<p>Allegheny Mindfulness Free Meditation Space <u>Begins Jan 20, 27th</u> <u>Feb 3, 10, 17 & 24th</u> 8:30 to 9:30 am Space is limited. Text/Call Julie (814) 931-1556 Fridays before to register each week.</p>
<p>Classes by Appointment</p>	<p>MS & Limited Mobility NO Classes January-March Class resumes in April</p>	<p>Basic Yoga 4:15-5:30 pm or 5:45-7:00 pm <u>Jan 3 - Feb 21</u> (8wk series \$75) Debbie Decker (814) 946-9969</p>		<p>** NEW ** Allegheny Mindfulness Stress Reduction Course 10-11:30 am <u>Jan 13 - Feb 17</u> (6 wk series \$150/person) Pre-Registration Required Courtney (814) 935-1912 or Julie (814) 931-1556</p>
<p>In Studio Classes</p> <p>Yoga, Meditation &/or Mindfulness Classes by Appointment 3/\$150 or \$75 per studio class Contact Any Teacher</p> <p>Adult & Adult/Child Yoga Dance by appointment Tracey Roth (814) 932-1912</p>	<p>Moderate Yoga 6:15-7:30 pm <u>Jan 2 - Feb 20</u> (8wk series \$75) Sharon Green (814) 943-2333</p>	<p>Thursday Kind Yoga 10:00-11:15 am <u>Jan 4 - Feb 22</u> (8wk series \$75) Sharon Green (814) 943-2333</p>	<p>** FREE ** Community Yoga At Bloom Yoga & Wellness Studio 1st Sundays, 10 - 11 am See reverse side for details.</p>	
<p>Teacher contacts: <u>Please contact the teacher listed above</u> for the class you are interested in. Each teacher is independently responsible for their own class enrollment</p> <p>Debbie Decker: debbiedyoga@gmail.com (814) 946-9969 Cristal Lidwell: clidwell1304@gmail.com (814) 327-6879 Sharon Green: yogamovesu@yahoo.com (814) 943-2333 Tracey Roth: traceyroth55@gmail.com (814) 932-1912 Julie Lambert: jlambert406@atlanticbb.net (814) 931-1556 Courtney Baker: courtneybaker229@outlook.com (814) 935-1912</p>		<p>Yoga, Meditation & Relaxation 6:15-7:30 pm <u>Jan 4 - Feb 22</u> (8wk series \$75) Sharon Green (814) 943-2333</p>		



Students can join mid-series for a pro-rated fee of \$12 per class for the remaining classes in the series. If you wish to join or visit a class, please contact the teacher for space availability and cost. All teachers accept payment directly. No credit cards.

1506 12th Ave - Downtown Altoona
 www.bloomherenow.com (814) 943-2333



1506 Twelfth Avenue
Altoona, PA 16601
bloomherenow.com

FREE Community YOGA

All Are Welcome!!!

1st Sundays

January - May 2018

10:00 – 11:00 a.m.

Bloom Yoga & Wellness Studio

January 7 - Debbie

February 4 - Sharon

March 4 – Cristal

April 8 (2nd Sunday) – Debbie

May 6 – Tracey/Yoga Dance
(no pre-registration necessary)

Goodwill donations accepted for the Teen Center

Like Us on Facebook @

www.facebook.com/bloomherenow

