

**NEW CLASS !!**  
**MONDAYS @ 7PM**

# Bloom Yoga & Wellness Spring 2018 Schedule

Sharing Peace, Kindness, Healing & Fun

Monday	Tuesday	Wednesday/Thursday	Friday	Saturday
<b>Mindful Flow Yoga</b> <b>5:30-6:45 pm</b> <u>or</u> (New) <b>7:00-8:15 pm</b> Cristal Lidwell (814) 327-6879 (8wk series \$75) Mar 5 <sup>th</sup> - Apr 23 <sup>rd</sup>	<b>Adult/Child</b> <b>Yoga Dance</b> (up to age 5) <b>12:45-1:30 pm</b> Tracey Roth (814) 932-1912 Register by 6 pm Monday for <b>EACH</b> class <u><b>Classes are Free in March</b></u>	<u><b>Wednesday</b></u> <b>Kind Yoga</b> <b>9:30-10:45 am</b> Sharon Green (814) 943-2333 (8wk series \$75) Feb 28 <sup>th</sup> - Apr 18 <sup>th</sup>	<b>March Movement /</b> <b>Motivation</b> <b>FREE CLASSES !!</b> Celebrating 5 years of <b>LET YOUR</b> <b>YOGA DANCE</b> is hosting free classes on Fridays in March Instructor: Tracey Roth (814) 932-1912 6:15-7:15 pm  Mar 2 <sup>nd</sup> – Family Class Mar 9 <sup>th</sup> – Adults Only Mar 16 <sup>th</sup> – Family Class Mar 23 <sup>rd</sup> – Adults Only  <u>Register via text or calling by</u> <u>6 pm Thursday prior</u> <u>for EACH class</u>	<b>Allegheny Mindfulness</b> <b>Stress Reduction Course</b> <b>10 - 11:30 am</b> <b>Preregistration Required</b> Courtney (814) 935-1912 or Julie (814) 931-1556 6 week course \$150 /person Mar 3 <sup>rd</sup> * - Apr 14 <sup>th</sup>  <b>FREE Open Meditation Space</b> 8:30 - 9:30 am Mar 3 <sup>rd</sup> * - Apr 14 <sup>th</sup>  * <u>No Open Space or</u> <u>Class on Mar 31<sup>st</sup></u>
<b>Classes by Appointment</b>  <u>In Studio Classes</u> <b>Yoga, Meditation &amp;/or</b> <b>Mindfulness Classes</b> <b>by Appointment</b> 3/\$150 or \$75 per studio class Contact Any Teacher  <b>Adult and/or Child</b> <b>Yoga Dance</b> <b>by appointment</b> Tracey Roth (814) 932-1912		<b>Basic Yoga</b> <b>4:15-5:30 pm or 5:45-7:00 pm</b> Debbie Decker (814) 946-9969 (8wk series \$75) Mar 7 <sup>th</sup> - Apr 25 <sup>th</sup>		
	<b>MS &amp; Limited Mobility</b> <b>NO Classes</b> <b>January-March</b> <b>Class resumes in April</b>  <b>Moderate Yoga</b> <b>6:15-7:30 pm</b> Sharon Green (814) 943-2333 (8wk series \$75) Feb 27 <sup>th</sup> - Apr 17 <sup>th</sup>	<u><b>Thursday</b></u> <b>Kind Yoga</b> <b>10:00-11:15 am</b> Sharon Green (814) 943-2333 (8wk series \$75) Mar 1 <sup>st</sup> - Apr 19 <sup>th</sup>		
<b>Teacher contacts:</b> Please contact the teacher listed above for the class you are interested in, each teacher is independently responsible for their own class enrollment  <b>Debbie Decker:</b> debbiedyoga@gmail.com (814) 946-9969 <b>Cristal Lidwell:</b> clidwell1304@gmail.com (814) 327-6879 <b>Sharon Green:</b> yogamovesu@yahoo.com (814) 943-2333 <b>Tracey Roth:</b> traceyroth55@gmail.com (814) 932-1912 <b>Julie Lambert:</b> jlambert406@atlanticbb.net (814) 931-1556 <b>Courtney Baker:</b> courtneybaker229@outlook.com (814) 935-1912		<b>Yoga, Meditation &amp; Relaxation</b> <b>6:15-7:30 pm</b> Sharon Green (814) 943-2333 (8wk series \$75) Mar 1 <sup>st</sup> - Apr 19 <sup>th</sup>		

**\*FREE Community Yoga\***  
**Bloom Yoga & Wellness Studio 10-11:00am**  
**Sunday March 4<sup>th</sup>, April 8<sup>th</sup>, & May 6<sup>th</sup> 2018**



Students may 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 Twelfth Ave - Downtown Altoona  
 www.bloomherenow.com (814) 943-2333



1506 Twelfth Avenue, Altoona, PA 16601  
www.bloomherenow.com

# MARCH MOVEMENT / MOTIVATION

## FREE CLASSES !!

### Celebrating 5 years of LET YOUR YOGA DANCE



Instructor: Tracey Roth (814) 932-1912

Tuesdays @ 12:45-1:30 pm

March 6, 13, 20<sup>th</sup> – Adult/Child (Ages up to 5)  
Register via text or calling by 6 pm Monday prior to each class.

Fridays @ 6:15-7:15 pm

March 2<sup>nd</sup> – Family Class

March 9<sup>th</sup> – Adults Only Class

March 16<sup>th</sup> – Family Class

March 23<sup>rd</sup> – Adults Only Class

Register via text or calling by 6 pm Thursday prior to each class.



## Bloom Yoga & Wellness

*\*Goodwill donations accepted for the Teen Center\**