

NEW CLASS !!
TAI CHI

Bloom Yoga & Wellness April, May & June 2018 Schedule

Sunday	Tuesday	Wednesday/Thursday	Friday	Saturday
<p>Tai Chi Classes 3:30-4:30 pm <u>or</u> 6:00-7:00 pm <i>(New)</i> Amber Boring (814) 931-1456 apboring7@gmail.com Apr 8th & 15th May 6th & 20th \$10 per class</p> <p>** ONLY 2 FREE ** COMMUNITY YOGA Classes left Apr 8th & May 6th 10 - 11 am</p>	<p>FREE Adult/Child Yoga Dance, (up to age 5) Apr/May: 12:45-1:30 pm Jun: 10:30-11:15 am Tracey Roth (814) 932-1912 Register by 6 pm Monday for EACH class <i>(No Class Apr 3rd)</i></p> <p>Limited Mobility Chair Classes 5:00-6:00 pm Sharon Green (814) 943-2333 (8wk series \$75) Apr 3rd, 17th, 24th May 15th, 22nd, 29th Jun 5th, 12th</p> <p>Moderate Yoga 6:15-7:30 pm Sharon Green (814) 943-2333 (8wk series \$75) Apr 24th - Jun 12th</p>	<p>Wednesday <i>New Times !</i> Kind Yoga 9:00-10:15 am Sharon Green (814) 943-2333 (8wk series \$75) May 2nd - Jun 27th</p> <p>Basic Yoga 4:15-5:30 pm <u>or</u> 5:45-7:00 pm Debbie Decker (814) 946-9969 (8wk series \$75) May 2nd - Jun 27th <i>(No class May 16th)</i></p> <p>Thursday Kind Yoga 10:00-11:15 am Sharon Green (814) 943-2333 (8wk series \$75) Apr 26th - Jun 21st <i>(No class May 10th)</i></p> <p>Yoga, Meditation & Relaxation 6:15-7:30 pm Sharon Green (814) 943-2333 (8wk series \$75) Apr 26th - Jun 14th <i>(No class May 10th)</i></p>	<p>FREE Yoga Dance Class Tracey Roth (814) 932-1912 6:15-7:15 pm</p> <p>Apr 13th & 27th - Adult Only Apr 20th - Family <i>(No Class Apr 6th)</i></p> <p>May 4th & 18th - Family May 11th & 25th - Adult Only</p> <p><u>Register via text or calling by</u> <u>6 pm Thursday prior</u> <u>for EACH class</u></p>	<p>Allegheny Mindfulness Stress Reduction Course 10:00-11:30 am <i>Resumes this Fall !</i></p> <p>FREE Open Meditation Space 8:30-9:30 am Courtney (814) 935-1912 or Julie (814) 931-1556 Apr 28th May 5th & 12th Jun 2nd & 16th <u>Pre-Register by phone or email</u> <u>6 pm Friday prior</u></p>
<p>Monday</p> <p>Mindful Flow Yoga 5:30-6:45 pm <u>or</u> 7:00-8:15 pm Cristal Lidwell (814) 327-6879 (8wk series \$75) Apr 30th - Jun 25th</p>				
<p>Teacher contacts: Please contact the teacher listed above 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 Amber Boring: apboring7@gmail.com (814) 931-1456</p>				

How about Yoga on the Beach?

We've finalized a schedule for **Saturday Classes 9:00-10:00 am** at *Canoe Creek State Park*. Bring the kids !
Jun 2nd, 9th, 16th & 23rd - Jul 7th, 14th, 21st & 28th
Aug 11th, 18th & 25th (No Class Aug 4th)
Weather Permitting, see flyer for add'l details!




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

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.



FREE YOGA On the BEACH etc.

Canoe Creek State Park

Come join us for a gentle all abilities class at the swimming area. New to yoga? Great! If you can breathe, you can do yoga. Got kids? Bring them along too! They can participate or play together in the sand.

Donations accepted to help with park education programs.

Park will announce cancellation via Facebook in case of inclement weather.

See you there! Meet on the Beach. Bring beach towel, blanket or mat.

New this year: Tai Chi and Walking Mindfulness Meditation

The weekly peaceful practice will be posted on Bloom Yoga & Wellness's Facebook page

Classes Saturdays 9:00 - 10:00am at Canoe Creek State Park Beach & Swimming Area.

June 2, 2018	July 7, 2018	August 11, 2018
June 9, 2018	July 14, 2018	August 18, 2018
June 16, 2018	July 21, 2018	August 25, 2018
June 23, 2018	July 28, 2018	
June 30, 2018		

Note: No Yoga class August 4

Come enjoy the annual triathlon

In case of inclement weather, sessions will be canceled via post to the park's Facebook page at

<https://www.facebook.com/CanoeCreekSP/>

and Bloom Yoga & Wellness Facebook page.

The weather is different in the Canoe Creek area than in Altoona or Hollidaysburg.

Cancellations will be determined and posted before 8:30am.

Donations will be accepted and all proceeds will go to support Youth Educational Programming at Canoe Creek State Park.



Canoe Creek State Park
205 Canoe Creek Rd
Hollidaysburg, PA 16648
(814) 695-6807

