



Are You Stressed?

Discover Mindfulness!

Learn how to replace stress-promoting habits with mindfulness, a skill that will last a lifetime

**New Classes Starting Soon
You Choose, Fridays or Saturdays**

**January 13th-February 17th
Every Saturday
10:00AM-11:30AM**

**January 12th-February 16th
Every Friday
10:00AM-11:30AM**

**Classes Held at Bloom Yoga & Wellness Studio
1506 12th Ave Downtown Altoona
\$150 Per Person**

Mindfulness is a research proven method for reducing stress, regulating emotions, and increasing one's sense of well-being and happiness. Mindfulness is taught through guided sitting and movement meditations that focus on the breath, body, thoughts, and emotions. You will learn how to establish your own mindfulness practice, while you explore a variety of core mindfulness meditations. Taking a mindfulness class is the *best* way to gain a meaningful understanding of mindfulness and how it benefits you!

**Call Dr. Julie Lambert @ 814-931-1556
or Courtney Baker, LSW @ 814-935-1912**

More info at www.AllegghenyMindfulness.com