

Bloom Yoga & Wellness Fall 2017 Class Schedule

Sharing Peace, Kindness, Healing & Fun

Monday	Tuesday	Wednesday/Thursday	Friday	Saturday
<p>Mindful Flow Yoga 5:30-6:45 pm Cristal Lidwell 814-942-7353 (8wk series \$75) Sept. 11-Oct. 30</p> <p>Dynamic Yoga 7:00-8:15 pm Sallie Anglin 304-904-9208 (8wk series \$75) Sept. 11-Oct. 30</p> <p>Yoga, Meditation &/or Mindfulness Classes by Appointment 3/\$150 or \$75 per studio class Contact Any Teacher</p>	<p>Adult/Child Yoga Dance (up to age 5) 12:30-1:15 pm Tracey Roth 814-932-1912 to register for EACH class \$10 per Adult/Class</p> <p>Limited Mobility Chair Yoga 5:00 -6:00 pm Sharon Green 814-943-2333 (8wk series \$50) Sept. 19-Nov. 14 No class 10/10</p> <p>Moderate Yoga 6:15 -7:30 pm Sharon Green 814-943-2333 (8wk series \$75) Sept. 5-Oct. 24</p>	<p><u>Wednesday</u> Kind Yoga 9:00-10:15 am Sharon Green 814-943-2333 (8wk series \$75) Sept. 6-Oct. 25</p> <p>Basic Yoga 4:15-5:30 pm or 5:45-7:00 pm Debbie Decker 814-946-9969 (8wk series \$75) August 30-Oct. 25 No class 9/13</p> <p><u>Thursday</u> Kind Yoga 10:00-11:15 am Sharon Green 814-943-2333 (8wk series \$75) August 31-Oct. 19</p> <p>Yoga, Meditation & Relaxation 6:15-7:30 pm Sharon Green 814-943-2333 (8wk series \$75) August 31-Oct. 19</p>	<p><u>NEW</u> Adult/Child Yoga Dance (ages 6-10) 4:00-4:45 pm Tracey Roth 814-932-1912 to register for EACH class \$10 per Adult/Class</p>	<p>Yoga Dance 8:30-9:30 am Tracey Roth 814-932-1912 to register for EACH class \$10/class</p> <p><u>NEW</u> Allegheny Mindfulness Stress Reduction Course 10-11:30 am Preregistration Required 814-935-1912 or 814-931-1556 6 week course \$150 per person September 16-October 21</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*****

Debbie Decker: debbiedyoga@gmail.com (814)946-9969
 Cristal Lidwell: clidwell1304@gmail.com (814)942-7353
 Sallie Anglin: dissonantfeet@gmail.com (304)904-9208
 Sharon Green: yogamovesu@yahoo.com (814)943-2333
 Tracey Roth: traceyroth55@gmail.com (814)932-1912

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.

FREE Community Yoga
Bloom Yoga & Wellness Studio 10-11:00am
1st Sunday of Month: September-May



1506 12th Ave
 Downtown Altoona PA
www.bloomherenow.com

