

Bloom Yoga & Wellness June, July & August 2018 Schedule

Sunday	Tuesday	Wednesday/Thursday	Friday	Saturday
<p>Tai Chi Classes with Amber Boring No Summer Schedule</p> <p>Amber will be offering Tai Chi once a month At our Yoga On the Beach Series - Check FB or contact Amber for dates</p>	<p>FREE Adult/Child Yoga Dance, (up to age 5) 10:30-11:15 am Tracey Roth (814) 932-1912 Register by 6 pm Monday for EACH class</p> <p>Limited Mobility Chair Classes 5:00-6:00 pm Sharon Green (814) 943-2333 (8wk series \$75) Jun 26th - Aug 28th <i>(No Class Jul 3rd)</i></p> <p>Moderate Yoga 6:15-7:30 pm Sharon Green (814) 943-2333 (8wk series \$75) Jun 19th - Aug 14th <i>(No Class Jul 3rd)</i></p>	<p style="text-align: center;"><u>Wednesday</u></p> <p>Kind Yoga 9:00-10:15 am Sharon Green (814) 943-2333 (8wk series \$75) Jul 18th - Sep 5th <i>(No Class Jul 4th)</i></p> <p>Basic Yoga 4:15-5:30 pm or 5:45-7:00 pm Debbie Decker (814) 946-9969 (8wk series \$75) Jul 25th - Sep 12th <i>(No Class Jul 4th or 11th)</i></p> <p style="text-align: center;"><u>Thursday</u></p> <p>Kind Yoga 10:00-11:15 am Sharon Green (814) 943-2333 (8wk series \$75) Jun 28th - Aug 23rd <i>(No Class Jul 5th)</i></p> <p>Yoga, Meditation & Relaxation 6:15-7:30 pm Sharon Green (814) 943-2333 (8wk series \$75) Jun 21st - Aug 16th <i>(No Class Jul 5th)</i></p>	<p>FREE Yoga Dance Class Tracey Roth (814) 932-1912 6:15-7:15 pm</p> <p>Jun 1st - 15th - Family Jun 22nd - Adult <i>(No Class Jun 8th or 29th)</i></p> <p>Jul 6th & 20th - Family Jul 27th - Adult <i>(No Class Jul 13th)</i></p> <p>Aug 3rd & 17th - Family Aug 10th & 24th - Adult Only <i>(No Class Aug 31st)</i></p> <p><u>Register via text or calling by 6 pm Thursday prior 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 Jun 2nd, 16th, 30th Jul 14th, 28th Aug 4th, 11th, 18th <u>Pre-Register by phone or email 6 pm Friday prior</u></p>
Monday				
<p>Mindful Flow Yoga 5:30-6:45 pm or 7:00-8:15 pm Cristal Lidwell (814) 327-6879 (8wk series \$75) Jul 9th - Aug 27th</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!




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.

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



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

