

# Bloom Yoga & Wellness

By Judy Courtts and Sharon Green

Would you like to get off the hamster wheel of obsessive thought and worry? Are your thoughts scattered like a spilled jar of marbles rolling in every direction? How about easing physical pain and discomfort? Would you like to focus your thoughts, calm your mind, improve physical health, create more energy, and live more peacefully all at the same time?

Bloom Yoga & Wellness is a place where you can let go of the past and future, care for your body, and embrace the joy of the present moment. It's a place where peace, kindness, healing, and fun coexist through movement, breathing, meditation, and relaxation techniques. It's a space where physical, mental, and emotional wellbeing are nurtured. Students discover how to connect with the moment by taking what they learn on the yoga mat with them into their daily lives.

Sharon Green, owner and teacher, finds the best part of practicing yoga at the studio is the compassionate and light hearted energy the students bring, cultivate and desire in their practice, life and world. Students regularly share how they apply what they learn through the practice of yoga and the many ways it makes a positive difference in their lives. This ranges from being a better listener and more patient, to fulfilling up their own energetic well, and of course feeling better physically, mentally and emotionally. Sharon humors that yoga is the ultimate "healthy multitasking".

Bloom Yoga & Wellness has a unique business design. As yoga teachers wanting to provide the community and students with a heart centered and noncompetitive atmosphere to practice yoga, they came together as professional and compassionate business women to serve. They cooperatively share the space, rent, responsibilities and free services to the community such as Yoga On the Beach Saturday mornings in the summer at the beautiful Canoe Creek State Park. Join them Saturdays in September at the studio on 12th Avenue in downtown Altoona from 9-10:00am for FREE Yoga celebrating National Yoga Month.

As of September the studio celebrates three new teachers now offering a greater variety of yoga classes and times. Cristal Lidwell



has been dedicated to a soothing mindful & meditative yoga practice for years and is now sharing Mindful Yoga. Sallie Anglin brings fresh dynamic energy to the studio with more vigorous and challenging classes. Debbie Decker has a dance background that she integrates with her yoga teaching giving refreshing flow to her classes. Tracey Roth continues to offer playful Yoga Dance by appointment and now Mommy & Me Yoga Dance Tuesday mornings. Sharon Green has been teaching for 16 years and grateful to serve diverse populations. As a gentle yoga teacher, she enjoys meeting peoples varied interests and needs. If people have physical, mental or emotional concerns, they can still do yoga. Find a teacher who can help with your challenges, match your interests, and inspire you. Bloom Yoga & Wellness offers classes Monday through Thursday and Saturdays. Please check the schedule on their website [www.bloomherenow.com](http://www.bloomherenow.com).

This cozy & soothing studio was recently renovated creating a more peaceful and temperature controlled atmosphere. The class sizes are small providing group and individualized care. At the studio everyone learns from each other. Sharon believes the classes are enhanced as each person has inner wisdom being cultivated and shared. If you have tried yoga before and believe you can't do it, please try again with us.

Bloom Yoga & Wellness is glad to be part of the Downtown Altoona Business Community. They are grateful for this local grassroots effort providing community spirit, family centered events along with professional support, guidance, and connection. Downtown Altoona has positivity again!

