



1506 Twelfth Avenue  
Altoona, PA 16601  
bloomherenow.com

# **FREE Community YOGA**

**All Are Welcome!!!**

**1st Sundays**

**October 2017 – May 2018**

**10:00 – 11:00 a.m.**

**Bloom Yoga & Wellness Studio**

**October 1 - Sallie**

**November 5 – Tracey/Yoga Dance**

**December 3 - Cristal**

**January 7 - Debbie**

*(no preregistration necessary)*

*\*Goodwill donations accepted for the Teen Center\**

