

Bloom Yoga & Wellness Late Fall 2017 Schedule

Sharing Peace, Kindness, Healing & Fun

Monday	Tuesday	Wednesday/Thursday	Friday	Saturday
<p>Mindful Flow Yoga 5:30-6:45 pm Cristal Lidwell 814-327-6879 (7wk series \$65) Nov. 6-Dec. 18</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 Adult/Child Combo</p> <p>Limited Mobility Chair Yoga 5:00-6:00 pm Sharon Green 814-943-2333 (8wk series \$50) Sept. 19-Nov. 28 No Class 11/21 Class resumes in April</p> <p>Moderate Yoga 6:15-7:30 pm Sharon Green 814-943-2333 (6wk series \$55) Oct. 31-Dec. 12 No Class 11/21 Winter Solstice Retreat 12/19</p>	<p><u>Wednesday</u> Kind Yoga 9:00-10:15 am Sharon Green 814-943-2333 (6wk series \$55) Nov. 1-Dec. 13 No Class 11/22 Winter Solstice Retreat 12/20</p> <p>Basic Yoga 4:15-5:30 pm or 5:45-7:00 pm Debbie Decker 814-946-9969 (8wk series \$75) Oct. 25-Dec. 20 No class 11/22</p> <p><u>Thursday</u> Kind Yoga 10:00-11:15 am Sharon Green 814-943-2333 (7wk series \$65) Oct. 26-Dec. 14 No Class 11/23</p> <p>Yoga, Meditation & Relaxation 6:15-7:30 pm Sharon Green 814-943-2333 (5wk series \$45) Oct 26-Dec. 14 No Class 11/23 & 11/30</p>	<p><u>NEW</u> Adult/Child Yoga Dance (ages 6-10) 4:00-4:45 pm Tracey Roth 814-932-1912 **POSTPONED UNTIL JANUARY 2018**</p>	<p>Yoga Dance 8:30-9:30 am Tracey Roth 814-932-1912 **POSTPONED UNTIL JANUARY 2018**</p> <p><u>NEW</u> Allegheny Mindfulness FREE Open Meditation Saturdays 10-11:00 am Nov 4, 18; Dec. 2, 9, 16 Space limited. Text/Call Julie 931-1556 by the Friday before to register for each week</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)327-6879
 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: November-May



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

