



1506 12th Avenue/Downtown-Altoona, PA
www.bloomherenow.com

Mindful Flow Yoga

With Cristal Lidwell

814-327-6879

clidwell1304@gmail.com

Monday at 5:30 – 6:45 pm or

New Class: 7:00 – 8:15 pm

March 5 to April 23, 2018

8 week series

Cost: \$75.00

Please contact Cristal to register

