

November 2017

BlossomNC.com, Phone

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 Developmental Movement: Birth to Sitting 1:30-2:30pm Sitting to Walking 2:45-3:45pm	4
5	6 Blossom-Free 9:30-10:30am Sensational Baby! 10:45-11:45am	7	8	9	10 Prenatal Yoga 1:30-2:30pm Postnatal Yoga 2:45-3:45p	11
12	13 Prenatal Yoga 9:30-10:30am Postnatal Yoga 10:45-11:45am	14	15	16	17	18
19	20 Blossom-Free 9:30-10:30am Sensational Baby! 10:45-11:45am	21	22	23	24 Prenatal Yoga 1:30-2:30pm Postnatal Yoga 2:45-3:45p	25
26	27 Prenatal Yoga 9:30-10:30am, Postnatal Yoga 10:45-11:45am	28	29	30		

EVENTS

Join us for classes

1st and 3rd Mondays: Blossom-Free 9:30-10:30am and Sensational Baby! 10:45-11:45am (Nov 6, Nov 20, Dec 4)
2nd and 4th Mondays: Prenatal Yoga 9:30-10:30am and Postnatal Yoga 10:45-11:45am (Nov 13, Nov 27, Dec 11)
1st and 3rd Fridays: Developmental Movement: Birth to Sitting 1:30-2:30pm and Sitting to Walking 2:45-3:45pm (Nov 3, Dec 1, Dec 15)
2nd and 4th Fridays: Prenatal Yoga 1:30-2:30pm and Postnatal Yoga 2:45-3:45pm (Oct 27, Nov 10, Nov 24, Dec 8)
5th Monday: Partner yoga (Oct 30)

Contact Blossom

Phone: 919-774-7886
Website: www.BlossomNC.com
Facebook: Blossom LLC Deborah Anne Freeman

Pre-registration is required for all classes. For more information and to register, please contact me at www.BlossomNC.com or call/text 919-774-7886. Each class \$10-\$20/person, sliding scale and Partner Yoga \$15/couple. Check the calendar for updates. I look forward to meeting you soon!