

**Contact Blossom**

Phone: 919-774-7886

Website: <http://blossomnc.com>

Facebook: Blossom LLC Deborah Anne Freeman

Pre-registration is required for all classes. For more information and to register call/text 919-774-7886. Each class \$10-\$20/person, sliding scale and Partner Yoga \$15/couple. Check the calendar for updates.

# NOVEMBER 2018

| Sunday | Monday  | Tuesday | Wednesday | Thursday | Friday   | Saturday |
|--------|---|---------|-----------|----------|--|----------|
|        |   |         |           | 1        | 2<br>Dev Movement:<br>Birth to Sitting 1:30pm<br>Sitting to Walking<br>2:45pm  | 3        |
| 4      | 5<br>Blossom 9:30am<br>CST for babies 10:45am           | 6       | 7         | 8        | 9<br>Prenatal Yoga 1:30pm<br>Postnatal Yoga 2:45pm                             | 10       |
| 11     | 12<br>Prenatal Yoga 9:30am<br>Postnatal Yoga<br>10:45am | 13      | 14        | 15       | 16<br>Dev Movement:<br>Birth to Sitting 1:30pm<br>Sitting to Walking<br>2:45pm | 17       |
| 18     | 19<br>Blossom 9:30am<br>CST for babies 10:45am          | 20      | 21        | 22       | 23<br>Prenatal Yoga 1:30pm<br>Postnatal Yoga 2:45pm                            | 24       |
| 25     | 26<br>Prenatal Yoga 9:30am<br>Postnatal Yoga<br>10:45am | 27      | 28        | 29       | 30<br>Partner Yoga 1:30pm  |          |
|        |   |         |           |          |  |          |