

October 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Prenatal Yoga
1:30-2:30pm
Postnatal Yoga
2:45-3:45p

Partner Yoga

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. Partner Yoga \$15/couple. Check the calendar for updates. I look forward to meeting you soon!