



# December NEWS



*MERRY & BRIGHT  
ON THE MAT*



# Yoga Give Back

## Give & Glow: Christmas Eve

DONATION CLASS

Tuesday  
Dec 24th  
9:30am

Profits from this class  
will be donated to

Utica Rescue Mission

[inbloomyogastudio.com](http://inbloomyogastudio.com)



## December Holiday Schedule

Dec 24 9:30am Yoga Give Back Donation Class

Dec 25 No Classes

Dec 28 Aerial Donation Class

Dec 29-31 Kids Holiday Aerial Camp 1pm-4pm

Dec 31 studio closes at 6:30pm

Jan 1 9:30am all level Vinyasa w/Joanne

11am New Year's Day Reiki-Infused Yin Yoga 11with Aromatherapy w/Elli & Wendy





UPCOMING  
EVENTS



✨ Aerial Yoga - Fly, flip & have fun in the silks!

# KIDS AERIAL DONATION CLASS



Sunday

Dec 28<sup>th</sup> @ 1pm-2:15pm

Suggested Donation \$25 per person

ages 6-12

to Benefit Lena Soja of CNY Football Club's  
England Soccer Tour '26



# KIDS AERIAL AERIAL CAMP



Holiday Edition

Dec 29<sup>th</sup> -31st

1pm-4pm



IN BLOOM  
•Y.O.G.A.





# NEW YEARS DAYS FLOW

Jan 1<sup>st</sup> - 9:30am  
with Joanne



*January 1, 2026*

*11am-12:15pm*

*\$35 per person*

*with*

*Violet Elli & Wendy Chapman*



*Join Violet Elli & Wendy Chapman to Begin 2026 with deep restoration and intentional renewal in our warmly heated studio. This special New Year's Day workshop combines the gentle, meditative practice of Yin Yoga with the healing energy of Reiki and the therapeutic benefits of*



# SWING & SOAR

## KIDS SIX WEEK AERIAL YOGA SERIES

WEDNESDAYS | 4PM-5:15PM

JAN 7, 2025- FEB 11 2025

\$150



SIX WEEKS TO SOAR WITH CONFIDENCE

Perfect Sunday Morning

Sunday,

Jan 11@ 10am

at Bowl Boss  
State St, Utica NY

Bowl  
Boss

açai

# Mat

## to Bowl

with Jeri George



IN BLOOM  
Y.O.G.A.

*\$35 pp includes yoga, signature bowl & a fizz energy drink!*





# Important Studio Updates Pricing Changes

To continue providing exceptional instruction and maintaining our facilities, we are implementing the following updates:

## Membership Rates - Effective January 1, 2026

Annual Membership: \$100/month (previously \$90) - full year commitment required

Six-Month Membership: \$125/month

Month-to-Month Membership: \$140/month

## Class Pass Pricing - Effective January 1, 2026

Zen Ten Pass: \$125 for 10 classes (valid 6 months from purchase)

5 Om Pass: \$65 for 5 classes (valid 3 months from purchase)

Pole & Aerial: \$35 per class OR \$120 for 4-class pass (valid 6 months from purchase)

All passes and memberships are eligible for senior and student discounts





Spirit & Spectrum classes will request a \$5 donation per person

Effective January 1, 2026, pass extensions will only be granted with medical documentation

Please review your pass expiration dates to maximize your investment

We appreciate your understanding and continued support as we invest in providing you with the highest quality yoga experience at In Bloom

## Christmas Gift Card Special



Happy  
*Holidays*  
From Our Family to Yours



Buy a \$100 gift card and  
get a  
3 pass free,

