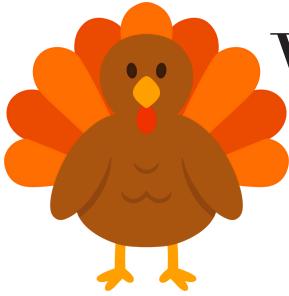


IN BLOOM YOGA NOVEMBER 2025

Monthly Email Newsletter

Dear In Bloom Yoga Community, As we move into November, we're embracing the spirit of gratitude and warmth. This month brings wonderful opportunities to deepen your practice, connect with our community, and celebrate the season of thanksgiving. We're especially excited about our Week of Gratitude and all the special events we have planned for you!



WEEK OF GRATITUDE

November 22-28, 2025



Join us for three transformative events celebrating gratitude, healing, and community connection throughout Thanksgiving week. Attend one or all three!

Saturday, November 22 • A Practice of Gratitude

Move, Reflect, Connect 11:00 AM - 12:30 PM •

With Logan Figular

\$25 per person - Free Journal & Pen included Begin your gratitude journey with an intentional practice combining yoga, reflection, and meaningful connection with our community. Perfect for the Thanksgiving weekend!



Sunday, November 23 • Sounds of Gratitude

Healing Donation Sound Bath 6:00 PM • With Victoria Celia

Donation: 2 non-perishable items for Utica Food Pantry Experience deep relaxation and healing vibrations while giving back to our community. Bring two non-perishable food items as your donation to support local families in need.

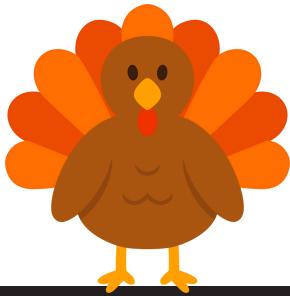


Thursday, November 28 • Thanksgiving Morning Yoga

Benefit: Stuff the Bus 9:00 AM • With Joanne

Start your Thanksgiving with intention and movement! This special class benefits the Stuff the Bus campaign, helping our community during the holiday season. All are welcome!





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Friday, November 29 • Kids Black Friday Aerial Camp

Attitude of Gratitude Edition! Give your kids an unforgettable day of aerial yoga, partner yoga, crafts, and snacks on Thursday, November 28th (9 AM-12 PM or 1 PM-4 PM) while you enjoy some "you time." Ages 6-12 / \$50 per session / Limited spots at In Bloom Yoga - sign up early! 🏠✨



Do you wanna build a snowman? ❄️ Well, you can PAINT one!

Winter Wishes Paint & Pose on Friday, November 29th at 1 PM where a festive snowman masterpiece and flow through relaxing yoga poses - no experience needed! \$40 per person / Limited spots at In Bloom Yoga 🎨✨

More November Events

**Wednesday, November 13 • Beginners Pole
7:00 PM New to pole?**

This is the perfect class to begin your journey!

No experience necessary. Come discover your strength and grace in a supportive, welcoming environment.

**Friday, November 29 • Black Friday Kids Aerial
Attitude of Gratitude 1:00 PM - 4:00 PM**



Give yourself a Black Friday break while your kids have an amazing aerial adventure! This special camp focuses on gratitude, movement, and fun. Perfect for young flyers ages 6-12. Registration required.

**Saturday, November 30 • Paint and Pose
Winter Wishes 1:00 PM**



End the month with creativity and mindfulness! Combine gentle yoga poses with guided painting to create your own Winter Wishes masterpiece. No artistic experience necessary—all supplies included. A perfect way to transition into the holiday season!

A Fond Farewell to Logan Figular

It is with mixed emotions that we share some bittersweet news. Logan Figular, our beloved desk staff member and substitute yoga teacher, will be leaving In Bloom Yoga and relocating out of the area. While we are sad to see her go, we are excited for her new adventure and the opportunities that await her.

Please join us on November 22nd for her A Practice of Gratitude workshop—a beautiful opportunity to practice with Logan one more time and send her off with love and gratitude. Thank you, Logan, for everything you've brought to In Bloom Yoga. You will always be part of our family! ❤️

Important Studio Updates

Membership Price Changes - Effective January 1, 2026

To continue providing you with exceptional instruction and facilities, we will be adjusting our membership rates starting January 1, 2026:

- Annual Membership: \$100 per month (must guarantee full year)
- Six-Month Membership: \$125 per month
- Month-to-Month Membership: \$140 per month

Reminder:

Class Pass Expiration Dates

Please note the following expiration periods for all class passes:

- Zen Ten Pass: Valid for 6 months from purchase date
- 5 Om Pass: Valid for 3 months from purchase date
- 3 Class Pass: Valid for 3 months from purchase date
- Pole & Aerial Passes: Valid for 3 months only from purchase date

Please check your pass expiration dates and plan your classes accordingly. We want you to get the most value from your investment!

This November, we invite you to join us in cultivating gratitude, strengthening community bonds, and giving back. Whether you're joining us for our Week of Gratitude, trying pole for the first time, bringing your kids to aerial camp, or exploring your creative side with Paint and Pose, there's something special for everyone.

Thank you for being part of the In Bloom Yoga family. We look forward to practicing with you this November!

With gratitude and light,

The In Bloom Yoga Team

