

What's blooming this month

Hello, and welcome to September. The light is starting to turn — a good month to try something new on the mat, or simply return to it. Here's what's ahead this month at In Bloom.



MONDAY · SEPTEMBER 7

One class for Labor Day

We're keeping the holiday simple — one all-levels vinyasa at 9:30 a.m. with Joanne. Come stretch out the long weekend.

[Reserve your mat →](#)



WEDNESDAY · SEPTEMBER 2 · 7:00 PM

New: beginners pole fitness

A new class arrives this month with Cathy — playful, grounded strength work on the pole. No experience needed, every body welcome.

[Save your spot →](#)



MONDAYS & WEDNESDAYS · 4:00-4:45 PM · STARTS SEPT 9

The Melt

strength that softens you

Six weeks of heated yogalates with Joanne Zilkowski. A slow build of strength, held warm.

SOLD OUT



SUNDAY · SEPTEMBER 13 · 10:00 AM

Mat to Bowl returns

Hosted by Jeri George. Thirty-five dollars includes yoga and a signature açai bowl at Boss Bowl Utica.

[Register →](#)



SUNDAY · SEPTEMBER 13 · 6:00–7:30 PM · \$40

The Sacred Turning

A Fall Equinox evening with Gina Rossi and Victoria Celia — sound bath, meditation, and lotus tea to welcome the turn of the season.

[Reserve →](#)

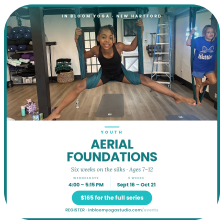


SEPT 10 & 17 · 6:00 PM · \$50

Sunflower yoga in Remsen

Practice among the sunflowers at Simple Farms, followed by bouquet making with Jackie O.

[Reserve →](#)



WEDNESDAYS · 4:00–5:15 PM · STARTS SEPT 16 · AGES 7–12

Aerial foundations for youth

Six weeks on the silks. One hundred sixty-five dollars for the full series.

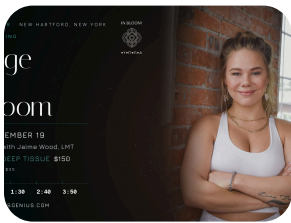
[Register →](#)

MONDAY · SEPTEMBER 14 · 11:00 AM

Chair yoga returns

Back on the schedule with Wendy — seated, gentle, grounded movement. Every body welcome.

[Reserve your spot →](#)



SATURDAY · SEPTEMBER 19 · 60-MINUTE SESSIONS

Massage in the Salt Room

With Jaime Wood, LMT. Swedish \$135 · deep tissue \$150 · add CBD + dandelion salve \$35.

ONLY 3 OPENINGS LEFT

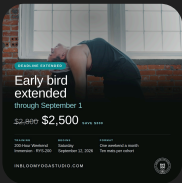
[Book →](#)

SATURDAY · SEPTEMBER 12 · 9:00 AM

YTT orientation

Curious about teacher training? Join us before the first weekend to meet Joanne and ask your questions.

[Reserve your spot →](#)



DEADLINE EXTENDED

200-hour teacher training

Begins Saturday, September 12 — one weekend a month, ten mats per cohort. Early-bird pricing extended through September 1: \$2,500, save \$300.

[Learn more →](#)

SAVE THE DATE · OCTOBER



Chanting & Chai

A kirtan for universal peace with Jonathan Lambert · Friday, October 2 · 6:00 pm · \$40



Threaded with Intention

A mala-making workshop with Dr. Krysia Kornecki · Saturday, October 17 · 1:00–3:00 pm · \$65

IN BLOOM YOGA

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