

# january NEWS



## Schedule Changes

### Classes Removed:

11am Yoga for Stillness Wednesdays  
4pm Heated Yogalates on Wednesdays

### Classes Moved:

Saturday Yoga Foundations: Now at 9am (starting January 10th)

### Monthly Class:

Pole Foundations: First Wednesday of each month at 7pm

### New Additions:

Swing & Soar Kids Aerial: 6-week series, Wednesdays at 4pm  
Flow & Ignite Heated Yogalates with Joanne: 6-week series, Mondays & Wednesdays (starting January 12th)

NEW YEAR NEW YOU



UPCOMING  
EVENTS

# 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

### Swing & Soar: Kids Aerial Series

Six weeks of high-flying fun! This aerial series introduces kids to the exciting world of aerial yoga through playful sequences, creative movement, and plenty of laughter.

Young aerialists will build strength, flexibility, and coordination while learning new tricks in the silks—from gentle swings to thrilling inversions in a safe, supportive environment.

### What They'll Gain:

Increased strength & flexibility

Boosted confidence & focus

New friendships & skills that progress each week

Perfect for beginners and returning flyers! Limited spots available.

\$150 for 6 weeks

Reserve their spot today

# Ignite & Flow into 2026

## 6-Week Heated Yogalates

WITH JOANNE

EVERY MONDAY & WEDNESDAY

FROM 4 PM TO 4:45PM

\$150 FOR THE SERIES

STARTS MONDAY JAN 12



Kick off the new year with strength, flexibility, and heat! This 6-week series blends the core-strengthening power of Pilates with the mindful movement of yoga—all in a heated room to deepen your practice and enhance detoxification.

Meet us every Monday and Wednesday to build strength, increase flexibility, and cultivate mind-body connection. Perfect for all levels looking to challenge themselves and start 2026 with intention.

When: Mondays & Wednesdays, 4pm

Starts: January 12

Investment: \$150

Space is limited—reserve your spot today!

Perfect Sunday Morning

Sunday,

Jan 11@ 10am

at Bowl Boss  
State St, Utica NY

# Mat to Bowl

with Jeri George



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

Mat to Bowl: New Year, New Energy!

Start your Sunday with intention and nourishment!

Join us Sunday, January 11th at 10am for a special Mat to Bowl experience with Jeri George at Boss Bowl.

What's Included:

✳ Rejuvenating yoga session with Jeri

Signature acai bowl

⚡ Fizz energy drink

Investment: \$35

Kick off 2026 with the perfect blend of movement, mindfulness, and delicious fuel for your body. Roll out your mat, flow with intention, then refuel with vibrant, nourishing goodness.

Space is limited! Reserve your spot now and make Sunday morning your favorite self-care ritual.

Boss Bowl

Sunday, January 11, 2026

10:00 AM

Bring your mat and your appetite for wellness!



# Clear, Align, Manifest

Heated Crystal Sound Bath w/Energy Healing  
with Victoria Celia & Violet Elli

Powerful portal date of

1/11

@1pm

# Yoga Give Back

**REST IN HARMONY,  
GIVE WITH HEART**



***Floating Yoga Nidra with  
Sound Bowls***

*Sundsy, Jam 18  
6pm  
\$40*

*with Mandy Bushey & Wendy Chapman*



**BENEFITING  
LENA SOJA'S CNY  
FOOTBALL CLUB  
ENGLAND SOCCER  
TOUR '26**



*Best Sleep Ever!*

# Self-Care & Self-Love Day

## A Winter Day Retreat for Your Heart & Soul

Saturday, January 31, 2026

12:00 PM - 6:00 PM

*In Bloom Yoga Center, New Hartford, NY*

**Nurture Yourself with  
6 Hours of Pure Bliss**

**Join us for an afternoon of:**

- Heart-Opening Vinyasa Flow
- Interactive Mocktail Workshop
- Nourishing Lunch & Wellness Bowls
- Wellness Stations with Essential Oils
- Group Breathwork & Journaling Circle
- Restorative Yoga & Sound Healing

**TAKE HOME:**

*Luxurious Swag Bag & Self-Care Kit*

**Space is limited - Reserve your spot today**

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

*@inbloomyogastudio*

*For women, by women  
hosted by Wendy Chapman & Colleen Vetere*

**Investment: \$125**

**Early bird special 20% off register by Jan 20th**

# Announcing Our 300-Hour Advanced Yoga Teacher Training

Deepen your practice and elevate your teaching with our comprehensive 300-hour Advanced Yoga Teacher Training.

Meeting monthly from May 2026 through April 2027, this immersive year-long program is designed for dedicated practitioners ready to expand their knowledge, refine their skills, and step into leadership within the yoga community.

“We can’t control what goes on the outside, but we can always control what goes on the inside. Yoga is not about being good at something—it is about being good to yourself.”

Download our brochure today to learn more.



In Bloom Yoga Center | YTT Programs

# Tarot Card

Readings

Monday, January 26  
5pm-8pm  
by appointment only  
\$40

with Elli

# Congratulations

## Graduates



On December 7th, In Bloom Yoga Center celebrated the graduation of our inaugural Kundalini Yoga Teacher Training class. After nearly a year of intensive study under the expert leadership of Gina Rossi, RYT 500, we are incredibly proud of these dedicated graduates.

Pictured above (standing): Gina Schillaci, Erika Parker, Gina Rossi (Lead Trainer), Racheal Celia, Deana Olivella, Danielle Force. Seated: Anabella Rossi, Jaclyn Maida, Laura Brahmer, and Diana Stevenson.

# 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 six month commitment required

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.

Happy

*New Year*

From Our Family to Yours

