

FAIRTRADE SHOPPING @ BLOSSOM

Eco-Yoga mats, Recycled Sari Yoga Mat bags, Auruvedic (vegan) soap, Fairtrade healthy snacks, juice, tea & coffee. Join us for a cuppa, chat and to shop around! (Some items are pictured on the website.)

Mondays & Wednesdays 1-1.45pm
(until 26th June, hours will then change)



Treading lightly upon this earth is important at Blossom. Therefore, blossom is a waste-neutral environment & all resources are conserved. We hope this resonates well with our customers.

SWAP STOP

There is a space at blossom for you to pass on any previously-loved goods (e.g. baby items), garden produce (what to do with those spare courgettes??) or hand-made items (love to knit?). Just bring in any SMALL items and 'gift' it in the Swap Stop with a recycled paper gift tag (supplied). Take anything else from the SWAP STOP in return! Fun & green!

blossom

Further information:

Fitness Yoga, Fitness Pilates, Yoga-lates, Yoga Tots, Pregnancy, Yoga-Fit, Baby & Mum, Corporate Classes, Community Events

Current program & booking information:
www.blossomyogapilates.com
www.fitnessyogadundee.vpweb.co.uk
Contact: Andrea@blossomyogapilates.com
Call/text: 07976 711 856

Hatha Yoga, Dance, Tone & Stretch

Contact Mardira 01382 450 015.
Some information will be on
www.blossomyogapilates.com

Baby Massage

Contact Lesley on 07902 904 003 or view:
www.perfectly-massage.co.uk



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blossom



New studio, West End, Dundee
within Hawkhill Medical Surgery



Community-focused.
Environmentally-minded.
Fitness for Every Body & Every Mind.



www.blossomyogapilates.com

ABOUT BLOSSOM

You are beautifully unique. Blossom to your fuller potential within small groups in regular classes. Progress at your own pace. Enjoy & nurture yourself with professional instruction in a calm environment. You are valued & welcomed.



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HAZZ/CONTEMPORARY DANCE

HATHA YOGA

STONE & STRETCH

These programs are soon to be offered @ blossom. Taught by an experienced and qualified instructor, Madira Gregurek, you can improve your fitness and mind/body connection.

Hazz/Contemporary Dance is a light & fun way to exercise. This all-level class helps you to express your creative & playful self.

Hatha Yoga is offered at a general level. It is designed to increase flexibility & strength. Discover ways of relaxing & enjoying your personal yoga practice.

Stone & Stretch is specially designed to give you an overall workout combining elements of Pilates, Yoga & Alexander Technique, proven to improve posture & tone the whole body.

Prices are for 8-week blocks. £45 daytime & £48 evening. Book in advance. Call Madira 01382 450 015 to book these classes, which start week of 27th July 2010.

FITNESS YOGA

FITNESS PILATES

YOGA-LATES



Functional exercise is proven to help people move and feel better in everyday life. Yoga & Pilates are combined with this concept by instructor, Andrea Leplae, a fitness professional since 1993. With an academic background in human biology, a professional past in community development, and qualifications in both Yoga and Pilates, Andrea specialises in community-focussed, small-group exercise to improve individual's emotional and physical well-being.

All classes are offered in these formats:

- 50min. Lunchtime classes (8-week blocks, booked in advance, £45/block)
- 60min. Evening classes in West End venues (as above, £48/block)
- Pay-Go (£6-8/class, space permitting)
- Free Open Sessions (tea/coffee/chat, see back panel of this brochure)
- Private and Semi-private lessons booked in advance (price on request)
- Corporate functions of 4-8 colleagues tailor-made program & refreshments. Come to us or we come to you.
- Free Community Events — see the 'events' page on the blossom website!



PREGNANCY

MUM & BABY

YOUNG FAMILIES



A special time deserves a special class. Enjoy quality time tuning in to the life growing inside or around you. All classes taught by Andrea Leplae, who has NGB award in Exercise & Pregnancy. Baby Massage taught by Lesley Dawson, Massage Therapist.

Pregnancy Yoga-Fit helps Mums-to-be safely maintain fitness levels & prepare for the journey ahead. Learn breath, relaxation & yogic postures specific to each stage.

Baby & Mum Yoga-lates

(2-12 months) is a popular program, combining Yoga & Pilates. New Mums regain core strength after childbirth. Enjoy quality interaction with baby & other Mums.



Baby Massage is led by Massage Therapist Lesley Dawson. Learn how to relax and soothe baby in this practical series.



Yoga-Tots is for tots aged 1-4 along with an adult. Songs, rhymes & stories encourage interactive, sensory and co-operative play. Yoga fundamentals are taught in an age-appropriate style. Adults expect to exercise too!

Fun, Fit, Family Yoga is for the whole family, focusing on the pre-school years. Older siblings, grandads and others can enjoy practicing yoga together.