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| SUNDAY  Countryside Village, 87th & Pacific  OUR CLASS SCHEDULE | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|  |  | 5:45 AM - 6:45 AM  Loaded Yoga  Erin Tomaso-Smith,RYT200 | 6:00 AM - 6:45 AM  Open Meditation  Anand Murthy | 5:45 AM - 6:45 AM  Power Hour  Erin Tomaso-Smith,RYT200 |  |  |
| 8:30 AM - 9:45 AM  Power & Release  Erin Tomaso-Smith,RYT200 | 9:00 AM - 10:15 AM  Philosophy & Flow  Erin Tomaso-Smith,RYT200 | Private Sessions | 9:00 AM - 10:15 AM  Philosophy & Flow  Suzanne DeJong, RYT200 | Private Sessions | 9:00 AM - 10:00 AM  Power Hour  Suzanne DeJong, RYT200 | 8:30 AM - 9:45 AM  Alignment & Flow  Suzanne DeJong, RYT 200 |
| 10:00 AM - 11:00 AM  Kettelbells  Erin Tomaso-Smith,RYT200 | 10:30 AM - 11:30 AM  Tai Chi / Qi Gong  Mary Lou Flearl, MD | 10:00 AM – 11:30 AM  Yoga 4 Cancer  Rhonda Wise, RN, MSN | 10:30 AM – 11:30 AM  Tai Chi / Qi Gong  Mary Lou Flearl, MD |  | 10:30 AM - 11:30 AM  Slow Flow  Suzanne DeJong, RYT200 | 10:00 AM - 11:15 AM  Loaded Yoga  Erin Tomaso-Smith,RYT200 |
|  |  | 12:00 PM - 1:00 PM  Power Hour  Suzanne DeJong, RYT200 | 12:00 PM - 1:00 PM  Loaded Yoga  Erin Tomaso-Smith,RYT200 | 12:00 PM - 1:00 PM  Power Hour  Suzanne DeJong, RYT200 | 11:45 AM - 12:30 PM  Open Meditation  Anand Murthy | \*\*FIRST SATURDAY\*\*  Kettlebell MASTER CLASS  10:00 AM – 11:30AM |
| 2:00 PM - 3:00 PM  Kids’ Mindful Yoga  Taina Collazo, PhD | Private Sessions | Private Sessions | Private Sessions | Private Sessions | 4th Friday WORKSHOP  1:00 PM - 3:00 PM  Rachelle McGuigan, PT | Special Events  Check our online schedule for details! |
| 3:15 PM - 4:00 PM  Contemplative Practice  Mark Wiesman |  |  |  |  |  |  |
| 4:30 PM - 5:45 PM  Power + Yin  Lauren Roads, CPYT | 4:30 PM - 5:45 PM  Alignment & Flow  Suzanne DeJong, RYT200 | 4:30 PM - 5:45 PM  Alignment & Flow  Suzanne DeJong, RYT200 | 4:30 PM - 5:45 PM  Power Yoga  Brandie Fowler, CPYT | 4:30 PM - 5:45 PM  Power Yoga  Vlad Rangotchev, RYT200 | 4:30 PM - 5:45 PM  Power Yoga  Brandie Fowler, CPYT |  |
|  | 6:00 PM - 7:00 PM  Ashtanga - Short Version  Vlad Rangotchev, RYT200 | 6:00 PM - 7:15 PM  Power + Yin  Lauren Roads, CPYT | 6:00 PM - 7:00 PM  Ashtanga - Short Version  Vlad Rangotchev, RYT200 | 6:00 PM - 7:30 PM  Kettlebells + Nidra  Erin Tomaso-Smith,RYT200 |  |  |
|  | 7:30 PM - 8:30 PM  Refuge Recovery |  | 7:30 PM - 8:30 PM  Yin + EFT  Liz Carey,MA, RYT200 |  | www.omahapoweryoga.com |  |

Which class do I take?

Show up to any class! Be patient, curious and courageous.

Don’t compete with yourself or anyone else. It’s not about doing everything — it’s about feeling everything.

