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|  SUNDAYCountryside Village, 87th & Pacific OUR CLASS SCHEDULE  | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|  |  | 5:45 AM - 6:45 AMLoaded Yoga Erin Tomaso-Smith,RYT200 | 6:00 AM - 6:45 AMOpen Meditation Anand Murthy  | 5:45 AM - 6:45 AMPower Hour Erin Tomaso-Smith,RYT200 |  |  |
| 8:30 AM - 9:45 AMPower & Release Erin Tomaso-Smith,RYT200 | 9:00 AM - 10:15 AMPhilosophy & Flow Erin Tomaso-Smith,RYT200 | Private Sessions  | 9:00 AM - 10:15 AMPhilosophy & Flow Suzanne DeJong, RYT200 | Private Sessions  | 9:00 AM - 10:00 AMPower Hour Suzanne DeJong, RYT200 | 8:30 AM - 9:45 AMAlignment & Flow Suzanne DeJong, RYT 200 |
| 10:00 AM - 11:00 AMKettelbells Erin Tomaso-Smith,RYT200 | 10:30 AM - 11:30 AMTai Chi / Qi Gong Mary Lou Flearl, MD   | 10:00 AM – 11:30 AMYoga 4 CancerRhonda Wise, RN, MSN  | 10:30 AM – 11:30 AMTai Chi / Qi Gong Mary Lou Flearl, MD  |  |  10:30 AM - 11:30 AMSlow Flow Suzanne DeJong, RYT200 | 10:00 AM - 11:15 AMLoaded Yoga Erin Tomaso-Smith,RYT200 |
|  |  | 12:00 PM - 1:00 PMPower Hour Suzanne DeJong, RYT200  | 12:00 PM - 1:00 PMLoaded Yoga Erin Tomaso-Smith,RYT200 | 12:00 PM - 1:00 PMPower Hour Suzanne DeJong, RYT200 | 11:45 AM - 12:30 PMOpen Meditation Anand Murthy  | \*\*FIRST SATURDAY\*\*Kettlebell MASTER CLASS10:00 AM – 11:30AM |
| 2:00 PM - 3:00 PMKids’ Mindful Yoga Taina Collazo, PhD | Private Sessions  | Private Sessions  | Private Sessions  | Private Sessions  | 4th Friday WORKSHOP1:00 PM - 3:00 PMRachelle McGuigan, PT | Special EventsCheck our online schedule for details! |
| 3:15 PM - 4:00 PMContemplative Practice Mark Wiesman |  |  |  |  |  |  |
| 4:30 PM - 5:45 PMPower + Yin Lauren Roads, CPYT | 4:30 PM - 5:45 PMAlignment & Flow Suzanne DeJong, RYT200 | 4:30 PM - 5:45 PMAlignment & Flow Suzanne DeJong, RYT200 | 4:30 PM - 5:45 PMPower Yoga Brandie Fowler, CPYT | 4:30 PM - 5:45 PMPower Yoga Vlad Rangotchev, RYT200  | 4:30 PM - 5:45 PMPower Yoga Brandie Fowler, CPYT  |  |
|  | 6:00 PM - 7:00 PMAshtanga - Short Version Vlad Rangotchev, RYT200 | 6:00 PM - 7:15 PMPower + Yin Lauren Roads, CPYT | 6:00 PM - 7:00 PMAshtanga - Short Version Vlad Rangotchev, RYT200 | 6:00 PM - 7:30 PMKettlebells + NidraErin Tomaso-Smith,RYT200 |  |  |
|  | 7:30 PM - 8:30 PMRefuge Recovery  |  | 7:30 PM - 8:30 PMYin + 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.

