

# WINTER SCHEDULE DEC 1<sup>ST</sup> - FEB 29<sup>TH</sup>

## Mondays

**9:00-10:15** Yoga Flow *Nina*  
**11:30-12:50** Level 1 *Ena*  
**4:00-5:15** Power Flow *Jasmine*  
**5:30-6:45** Hatha Yoga *Kate*  
**7:00-8:15** Power Flow *Diana*

## Tuesdays

**6:30-7:30** Yoga Flow *Jennie*  
**9:00-10:00** Yoga Tots (2-5)\* *Rebecca*  
**12:15-1:00** Yoga Flow *Bess*  
**5:15-6:15** Prenatal Yoga *Jodie*  
**5:30-6:45** Ashtanga Yoga *Daniel*  
**7:00-8:15** Yoga & Meditation *Nicole*

## Wednesdays

**9:00-10:15** Yoga Flow *Sam*  
**11:00-12:00** Mom-n-Me\* *Ena*  
**12:30-1:15** Yoga Flow *Teressa*  
**4:00-5:15** Power Flow *Adrienne*  
**5:30-6:45** Yoga Basics *Rachael*  
**7:00-8:15** Hatha Yoga *Rachael*

*Your generous payments support your skilled instructors and the ongoing sustainability of this non-profit yoga studio!*

## **We are sliding scale based! There are three options:**

1. Drop-in: \$6-15 depending on your resources
  2. 10-pack: \$60-\$120 depending on your resources
  3. Be a monthly member! Unlimited classes! \$45-90
- \*Speciality Classes: \$10 Drop-in, 5-pack \$45

*Cash, check, and credit accepted*

**115 N. College Ave. Suite 200**

**www.OmAnandaYoga.com (970) 581-8825**

**Trainings, Workshops, and Events are online!**

## Thursdays

**10:00-11:15** Level 1/2 *Rachelle*  
**12:15-1:00** Yoga Flow *Sam*  
**5:15-6:15** Prenatal Yoga *Aramati*  
**5:30-6:45** Hatha Yoga *Paul*  
**7:00-8:15** Yoga & Meditation *Aramati*

## Fridays

**9:00-10:15** Yoga Flow *Sam*  
**12:00-1:15** Power Flow *Adrienne*  
**4:00-5:15** Yin Yoga *Alissa*  
**5:30-6:30** Power Yoga *Kristen*

## Saturdays

**8:30-10:00** Kundalini Yoga *Kevin*  
**10:30-11:45** Yoga Flow *Rachael/Emily*  
**12:00-1:00** Mom-n-Me\* *Rebecca*  
**5:30-6:45** Intermed. Yoga *Aramati*

## Sundays

**7:45-9:15** Guru Gita 2<sup>nd</sup> & 4<sup>th</sup> Sundays  
**9:30-10:45** Hatha Yoga *Aramati*  
**4:30-5:30** Prenatal Yoga *Rebecca*  
**5:45-6:45** Yoga Flow *Rebecca*  
**7:00-7:45** Meditation *Staff*

