

NATURAL THERAPY MOVEMENT STUDIO



New Student 2 Week Unlimited Pass \$20
 5-class Pass \$55
 10-class Pass \$100
 Unlimited Monthly Pass \$130

Register online or call us at 402.884.1300

Like us on Facebook for Class Cancellations and Updates!

MONDAY	Class	Instructor
5:30pm - 6:30pm	Healthy Steps - LEBED	Lori B.
6:45pm - 7:45pm	Vinyasa Yoga	Colette S.
TUESDAY	Class	Instructor
12:00pm - 1:00pm	Movement Matters: A Tai Chi Based Movement Program	Linda G.
5:30pm - 6:30pm	Yin Yoga	Carolyn B.
6:45pm - 7:45pm	Empowerment Yoga	Michelle B.
WEDNESDAY	Class	Instructor
9:15am - 10:15am	Hatha Yoga	Anna O.
6:00pm - 7:00pm	Hammock Yoga	Karen B.
7:15pm - 8:15pm	Hammock Tricks	Karen B.
THURSDAY	Class	Instructor
12:00pm - 1:00pm	Movement Matters: A Tai Chi Based Movement Program	Linda G.
1:30pm - 2:30pm	Healthy Steps - LEBED	Lori B.
FRIDAY	Class	Instructor
9:30am - 10:30am	Restorative Yoga	Michelle B.
10:45am - 11:45am	Aroma Yoga	Michelle B.
(This class uses essential oils, not recommended for those sensitive to scents)		
SATURDAY	Class	Instructor
11:15am - 12:15pm	Hammock Yoga & Tricks	Karen B.
12:30pm - 1:30pm	Beginner Silks & Intermediate Hammock Tricks	Karen B.
Check Website for Monthly Schedule	Restorative Hammock Monthly Workshop	
SUNDAY	Class	Instructor
Check Website for Monthly Schedule	Restorative Monthly Workshop	