

Check out our April News and Cancellations!



My Studio Anahata Yoga

Visit Our Website
MyStudioAnahataYoga.com

I pray you are having a joyous and fun filled Holiday (or just plain ol' wonderful day) filled with family, friends and love. xoxo Ruth

Look Who's Coming to Town!!!

Due to visiting royalty arriving in Omaha tomorrow there are three Anahata Classes cancelled at My Studio this week. (You'll hardly know I'm gone with our other teachers and classes available for you!)

I'm sorry for the inconvenience, but COME ON! Look at these faces!



No Class:

Wednesday 5:30 p.m. (4/19/17)

Thursday Noon (4/20/17)

Friday 10:30 a.m. is the third Friday so no class scheduled.

Saturday 9:00 a.m. (4/22/17)

Please note the third Friday of the month Nidra class time has changed to 10:30 a.m. This is a permanent change...unless it changes. xoxo I'll let you know, of course.

Tuesday 6:00 p.m Yin Class

For those of you that have not tried Julie's 6:00 p.m. Tuesday Evening Yin Class you are missing a wonderful opportunity. It is beautiful! Slow and gentle with very professional support and guidance from Julie!

Pat's Sunday 10:30 a.m. Class sets a calm and strengthens way to start your week.

The 9:30 a.m. Tuesday Class with Marci may be perfect for your schedule. She is such a lovely and gentle Spirit. You will love her as we all do.

World Tai Chi and Qigong Day Saturday April 29th

Camelot Community Center

1:00 to 1:30 p.m.

9270 Cady Avenue Omaha Phone: 402-444-5972

If weather permits we'll be outside, if not we'll be in the gym.

Thanks to Hillcrest's Support those involved in Tai Chi for Better Balance (thru ENOA) can receive a free tee shirt if we let Chris know by April 29th.