

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



11 AM Omni with Alex		11 AM Omni with Alex		11 AM Omni with Alex		11 AM Omni with Alex		11 AM Omni with Alex	

Zoom Meeting IDs

Omni with Alex: 193-691-192 Password: pilates

Mid-day Meditation Monday: 259-253-181 Password: Peace