

YOGA @ 310 Wellness

June 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Relax & Renew (Heather) 7:30-9 PM	2 Meditation & Movement 10:00 – 11:15 AM	3 Empowered Core (Heather) 7:00 – 8:00 PM	4 Baby Yoga 10:30 – 11:30 Restorative Yin (Heather) 7:30 – 9:00 PM	5 Kirtan with Shell & Anton 7:00 – 9:00 PM	6 Understanding Asana (YTT) 9:00 – 5:00 PM
7 Stretch & Restore (Brittany) 7 - 8:15 PM	8 Relax & Renew (Heather) 7:30-9 PM	9	10 Empowered Flow (Britt) 7:00 – 8:00 PM	11 Baby Yoga 10:30 – 11:30 Restorative Yin (Heather) 7:30 – 9:00 PM	12	13 Understanding Asana (YTT) 9:00 – 5:00 PM
14 Stretch & Restore (Brittany) 7 - 8:15 PM	15 Relax & Renew (Heather) 7:30-9 PM	16	17 Empowered Core (Heather) 7:00 – 8:00 PM	18 Restorative Yin (Heather) 7:30 – 9:00 PM	19 Osho Kundalini Meditation Experience (Angela) 7:00-9:00 PM	20
21 Stretch & Restore (Heather) 7 - 8:15 PM	22 Relax & Renew (Heather) 7:30-9 PM	23	24	25 Restorative Yin (Heather) 7:30 – 9:00 PM	26	27
28 Understanding Asana (YTT) 9:00 – 5:00 PM	29	30				

Yoga with Heather

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