

# YOGA @ 310 Wellness

## March 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Stretch & Restore (Brittany)7:00-8:15 PM	2 Relax & Renew (HM) 7:30–9:00 PM	3 Meditation & Movement 10:00 – 11:15 AM Slow Flow & Sound (Heather) 7:00 – 8:15	4 Chair Yoga 9:30 -10:30 AM Baby Yoga 11:00-12:00 AM Empowered Core (Heather) 7:00 – 8:00 PM	5 Baby Yoga 10:30 – 11:30 Restorative Yin (Heather) 7:30 – 9:00 PM	6	7 Power (Heather) 9:00 – 10:00 AM
8 Stretch & Restore (Ness)7:00-8:15 PM	9 Relax & Renew (HM) 7:30–9:00 PM	10 Meditation & Movement 10:00 – 11:15 AM Slow Flow & Sound (Ness) 7:00 – 8:15 PM	11 Chair Yoga 9:30 -10:30 AM Baby Yoga 11:00-12:00 AM Empowered Core (Ness) 7:00 – 8:00 PM	12 Baby Yoga 10:30 – 11:30 Restorative Yin (Heather) 7:30 – 9:00 PM	13	14 Power (Heather) 9:00 – 10:00 AM
15 Stretch & Restore (Ness)7:00-8:15 PM	16 Relax & Renew (HM) 7:30–9:00 PM	17 Meditation & Movement 10:00 – 11:15 AM Slow Flow & Sound (Ness) 7:00 – 8:15	18 Chair Yoga 9:30 -10:30 AM Baby Yoga 11:00-12:00 AM Empowered Flow (Britt) 7:00 – 8:00 PM	19 Restorative Yin (Heather) 7:30 – 9:00 PM	20 Drift: A Yoga Nidra & Sound Journey (Ness)7:00-8:30 PM	21 Power (Britt) 9:00 – 10:00 AM
22 Foundations of Flight (Britt) 2:00 – 3:00 PM Stretch & Restore (Ness)7:00-8:15 PM	23 Relax & Renew (HM) 7:30–9:00 PM	24 Meditation & Movement 10:00 – 11:15 AM Slow Flow & Sound (Heather)7:00-8:30 PM	25 Chair Yoga 9:30 -10:30 AM Baby Yoga 11:00-12:00 AM Empowered Core (Heather) 7:00 – 8:00 PM	26 Restorative Yin (Heather) 7:30 – 9:00 PM	27 Osho Kundalini Experience (Angela)7:00-9:00PM	28

Yoga with Heather

204 794-5520

[www.heathermcdermidyoga.com](http://www.heathermcdermidyoga.com)

