

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 Meditation & Movement 10:00 – 11:15 AM | 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 (Ness) 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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