

YOGA @ 310 Wellness

July 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5 Understanding Asana (YTT) 9:00 – 5:00 PM	6 Release & Restore (Heather)7:00-8:15 PM	7 Yoga at the Beach (Heather) 9:30 – 10:30 AM	8 Feel Good Flow (Brittany)7:00-8:00 PM	9 Yoga at the Park (Heather) 9:30 – 10:30 AM	10	11
12 Understanding Asana (YTT) 9:00 – 5:00 PM	13 Release & Restore (Heather)7:00-8:15 PM	14 Yoga at the Beach (Heather) 9:30 – 10:30 AM	15 Feel Good Flow (Heather)7:00-8:00 PM	16 Yoga at the Park (Heather) 9:30 – 10:30 AM	17	18
19	20 Release & Restore (Brittany)7:00-8:15 PM	21 Yoga at the Beach 9:30 – 10:30 AM	22 Feel Good Flow (Brittany)7:00-8:00 PM	23 Yoga at the Park 9:30 – 10:30 AM	24	25
26	27 Release & Restore (Heather)7:00-8:15 PM	28 Yoga at the Beach (Heather) 9:30 – 10:30 AM	29 Feel Good Flow (Heather)7:00-8:00 PM	30 Yoga at the Park (Heather) 9:30 – 10:30 AM	31	

Yoga with Heather

204 794-5520

www.heathermcdermidyoga.com

