

# YOGA @ 310 Wellness

# December

# 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Relax & Renew (Heather) 7:30–9:00 PM	2 Meditation&Movement (Heather) 9:30–10:45 AM Empowered Core (Ness) 5:00–6:00 PM	3 Flow (Britt) 7:00 – 8:00 PM	4 Restorative Yin (Heather) 7:30 – 9:00 PM	5	6 Power (Britt) 9:00 – 10:00 AM
7 Stretch&Restore 7:00 – 8:00 PM	8 Relax & Renew (Ness) 7:30–9:00 PM	9 Empowered Core (Britt) 5:00–6:00 PM	10	11 Restorative Yin (Ness) 7:30 – 9:00 PM	12	13 Power (Britt) 9:00 – 10:00 AM
14	15 Relax & Renew (Ness) 7:30–9:00 PM	16	17 Osho Active Meditation (Angela) 7:00 – 9:00 PM	18 Drift: Yoga Nidra & Sound (Ness) 7:00 – 8:30 PM	19	20
21 Winter Solstice Celebration 6:30 – 8:30 PM	22	23	24	25	26	27
28	29	30	31			

Yoga with Heather

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

