

YOGA @ 310 WELLNESS SCHEDULE

DECEMBER
2024

SUN	MON	TUE	WED	THU	FRI	SAT
<p>1 <u>7:00 - 8:00 pm</u> Luminous Stretch with Ness</p>	<p>2 <u>7:30 - 9:00 pm</u> Relax & Renew Yoga with Angela</p>	<p>3 <u>9:30 - 10:45 AM</u> Mindful Movement <u>11:30 - 12:30 PM</u> Yoga Essentials <u>7:30 - 8:30 PM</u> Luminous Yin-Ness</p>	<p>4 <u>6:30 - 8:00 PM</u> LightBody Awakening - Carla</p>	<p>5 <u>9:30 - 10:45 AM</u> Rise & Shine Yoga with Angela <u>7:30 - 9:00 PM</u> Restorative Yin Yoga with Angela</p>	<p>6</p>	<p>7 <u>9:30 -- 10:30 AM</u> Gentle Awakening with Angela</p>
<p>8 <u>7:00 - 8:00 pm</u> Luminous Stretch with Ness</p>	<p>9 <u>7:30 - 9:00 pm</u> Relax & Renew Yoga with Angela</p>	<p>10 <u>9:30 - 10:45 AM</u> Mindful Movement <u>11:30 - 12:30 PM</u> Yoga Essentials <u>7:30 - 8:30 PM</u> Luminous Yin-Ness</p>	<p>11 <u>6:30 - 8:00 PM</u> LightBody Awakening - Carla</p>	<p>12 <u>9:30 - 10:45 AM</u> Rise & Shine Yoga with Heather <u>7:30 - 9:00 PM</u> Restorative Yin Yoga with Heather</p>	<p>13 <u>7:00 - 9:00 PM</u> Restorative Yoga, Sound & Reiki Healing Event</p>	<p>14 <u>9:30 - 10:30 AM</u> Gentle Awakening with Angela</p>
<p>15 <u>7:00 - 8:00 pm</u> Luminous Stretch with Ness</p>	<p>16 <u>7:30 - 9:00 pm</u> Relax & Renew Yoga with Heather</p>	<p>17 <u>9:30 - 10:45 AM</u> Mindful Movement <u>11:30 - 12:30 PM</u> Yoga Essentials <u>7:30 - 8:30 PM</u> Luminous Yin-Ness</p>	<p>18 <u>6:30 - 8:00 PM</u> <u>LightBody</u> Awakening - Carla</p>	<p>19 <u>9:30 - 10:45 AM</u> Rise & Shine Yoga with Heather <u>7:30 - 9:00 PM</u> Restorative Yin Yoga with Heather</p>	<p>20</p>	<p>21</p>

Book Classes at www.heathermcdermidyoga.com