

MARCH 2026



“Sovereignty”

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10AM YIN	2 5:30PM GROUNDED YOGA 7PM MEDITATION	3 10AM HATHA 5:30PM HOT YOGA 7PM 3/3 Portal Meditation	4 10AM YIN-HATHA 5:30PM VINYASA FLOW 7PM Self-Reflection	5 10AM HATHA 5:30PM BUDDHA BURN 7PM Drummed Into Stillness	6 10AM FLOW STATE 5:30PM YIN 7PM The Ravens Path Meditation	7 8:30AM SATTVA YOGA 10AM NAMASTE YOGA
8 10AM YIN 11:30AM Yoga for Men	9 5:30PM GROUNDED YOGA 7PM MEDITATION	10 10AM HATHA 5:30PM HOT YOGA 7PM RESTORATIVE	11 10AM YIN-HATHA 5:30PM VINYASA FLOW 7PM Self-Reflection	12 10AM HATHA 5:30PM BUDDHA BURN 7PM Drummed Into Stillness	13 10AM FLOW STATE 5:30PM Echoes of the Soul 7PM Elements of the Cosmos Meditation	14 8:30AM SATTVA YOGA 10AM NAMASTE YOGA
15 10AM YIN 11:30AM TEAM MTG.	16 5:30PM GROUNDED YOGA 7PM 3 Eye Atlas & Jupiter Conjunction Meditation Jeanine’s Birthday!	17 10AM HATHA 5:30PM HOT YOGA 7PM RESTORATIVE	18 10AM YIN-HATHA 5:30PM VINYASA FLOW 7PM Self-Reflection	19 10AM HATHA 5:30PM BUDDHA BURN 7PM Drummed Into Stillness	20 10AM FLOW STATE 5:30PM Sun enters Aries Ceremony 7PM Archeologist of the Soul Meditation	21 8:30AM SATTVA YOGA 10AM NAMASTE YOGA 1-5PM MYSTIC FAIR
22 10AM YIN	23 5:30PM GROUNDED YOGA 7PM MEDITATION	24 10AM HATHA 5:30PM HOT YOGA 7PM RESTORATIVE	25 10AM YIN-HATHA 5:30PM VINYASA FLOW 7PM Self-Reflection	26 10AM HATHA 5:30PM BUDDHA BURN 7PM Drummed Into Stillness	27 10AM FLOW STATE 5:30PM YIN 7PM Return to the Temples Meditation	28 8:30AM SATTVA YOGA 10AM NAMASTE YOGA
29 10AM YIN	30 5:30PM GROUNDED YOGA 7PM MEDITATION	31 10AM HATHA 5:30PM HOT YOGA 7PM RESTORATIVE				

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