

March 2024						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					<a href="#">6:30-7:15am Day Break with SARA</a>	<a href="#">8:30-10:00am The Details with SARA</a>
					<a href="#">10:30-11:30am Shine Classic with AMANDA</a>	<a href="#">10:30-11:30 Flow to Rest with SARA</a>
					AYTT Module 2 Rest and Retreat 6-8pm	AYTT Module 2 Rest and Retreat 9-5pm
					<a href="#">One on one's and Yoga Prescription's available with Sara by Appointment Only From 12-6PM</a>	<a href="#">One on one's and Yoga Prescription's available with Sara by Appointment Only From 12-6PM</a>
3	4	5	6	7	8	9
<a href="#">10:30-11:30am Sara's Restorative with SARA</a>	<a href="#">6:30-7:15am Day Break with Sara</a>	<a href="#">10:30-11:30pm Shine Strength and Stability with MARY BETH</a>	<a href="#">6:30-7:15am Day Break with SARA</a>		<a href="#">6:30-7:15am Day Break with SARA</a>	AYTT Module 2 Rest and Retreat 7-1230pm
AYTT Module 2 Rest and Retreat 9-5pm	<a href="#">10:30-11:30am Somatic Yoga with ERIN</a>	<a href="#">4:30-5:30pm Kundalini Yoga with CONNIE</a>	<a href="#">10:30-11:30am Shine Classic with AMANDA</a>	AYTT Module 2 Rest and Retreat 730-9pm	<a href="#">10:30-11:30am Shine Classic with AMANDA</a>	
			<a href="#">5:30-6:30pm Somatic Yoga with ERIN</a>			
<a href="#">One on one's and Yoga Prescription's available with Sara by Appointment Only From 12-6PM</a>	<a href="#">5:30-6:30pm Shine Classic with AMANDA</a>	<a href="#">6:15-7:15pm Shine Gentle with MARY BETH for Courtney</a>			<a href="#">One on one's and Yoga Prescription's available with Sara by Appointment Only From 12-6PM</a>	<a href="#">One on one's and Yoga Prescription's available with Sara by Appointment Only From 12-6PM</a>
Daylight Saving Times Begins 10	11	12	13	14	15	16
<a href="#">10:30-11:30am Sara's Restorative with COURTNEY for Sara</a>	<a href="#">6:30-7:15am Day Break with SARA</a>	<a href="#">10:30-11:30 Shine Strength and Stability with AMANDA for Mary Beth</a>	<a href="#">6:30-7:15am Day Break with SARA</a>			
	<a href="#">10:30-11:30am Somatic Yoga with ERIN</a>	<a href="#">4:30-5:30 pm Kundalini Flow with CONNIE</a>	<a href="#">10:30-11:30am Shine Classic with AMANDA</a>		<a href="#">10:30-11:30am Shine Classic with AMANDA</a>	<a href="#">10:30-11:30am Flow to Rest with AMANDA for Sara</a>
<a href="#">One on one's and Yoga Prescription's available with Sara by Appointment</a>	<a href="#">5:30-6:30 Shine Classic with AMANDA</a>	<a href="#">6:15-7:15pm Shine Gentle with COURTNEY</a>	<a href="#">5:30-6:30pm Somatic Yoga with ERIN</a>			
St. Patricks Day 17	18	Spring Equinox 19	20	21	22	23
<a href="#">10:30-11:30am Sara's Restorative with JENN for Sara</a>	<a href="#">6:30-7:15am Day Break with Sara</a>	<a href="#">10:30-11:30am Shine Strength and Stability with MARY BETH</a>	<a href="#">6:30-7:15am Day Break with SARA</a>		<a href="#">6:30-7:15am Day Break with SARA</a>	<a href="#">8:30-10:00am The Details with SARA</a>
	<a href="#">10:30-11:30am Somatic Yoga with ERIN</a>	<a href="#">4:30-5:30pm Shine Kundalini with CONNIE</a>	<a href="#">10:30-11:30am Shine Classic with AMANDA</a>		<a href="#">10:30-11:30am Shine Classic with AMANDA</a>	<a href="#">10:30-11:30am Flow to Rest with SARA</a>
	<a href="#">5:30-6:30 Shine Classic with AMANDA</a>	<a href="#">6:15-7:15pm Shine Gentle with MARYBETH for Courtney</a>	<a href="#">5:30-6:30pm Somatic Yoga with ERIN</a>			
24	25	26	27	28	Good Friday 29	30

<a href="#">10:30-11:30am Sara's Restorative with SARA</a>	<a href="#">6:30-7:15am Day Break with Sara</a>	<a href="#">10:30-11:30am Shine Strength and Stability with MARY BETH</a>	<a href="#">6:30-7:15am Day Break with SARA</a>		<a href="#">6:30-7:15am Day Break with SARA</a>	<a href="#">8:30-10:00am The Details with SARA</a>
	<a href="#">10:30-11:30am Somatic Yoga with AMANDA for Erin</a>	<a href="#">4:30-5:30pm Shine Kundalini with CONNIE</a>	<a href="#">10:30-11:30am Shine Classic with AMANDA</a>		<a href="#">10:30-11:30am Shine Classic with AMANDA</a>	<a href="#">10:30-11:30am Flow to Rest with SARA</a>
			<a href="#">5:30-6:30pm Somatic Yoga with COURTNEY for Erin</a>			
	<a href="#">5:30-6:30pm Shine Classic with AMANDA</a>	<a href="#">6:15-7:15pm Shine Gentle with COURTNEY</a>			<a href="#">One on one's and Yoga Prescription's available with Sara by Appointment Only From 12-6PM</a>	<a href="#">One on one's and Yoga Prescription's available with Sara by Appointment Only From 12-6PM</a>
<b>Easter Sunday 31</b>						
<b>No Classes</b>						