

Ascension Healing Center

February 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 10am Hatha Yoga with Mary 6pm Yin Yoga with Lydia	3 10am Hatha Yoga with Mary	4 12pm Hatha Yoga with Mary	5 6pm Hatha Yoga with Mary	6 10am Hatha Yoga with Mary 12pm Yin Yoga with Lydia	7 8:30am Hatha Yoga with Mary 10am Morning Zen
8 10am Morning Zen 12pm Tantric Flow 4pm Sunday Soothe	9 10am Hatha Yoga with Mary 6pm Yin Yoga with Lydia	10 10am Hatha Yoga with Mary 5:30pm: Relaxation Practice	11 12pm Hatha Yoga with Mary	12 5:30pm: Relaxation Practice	13 12pm Yin Yoga with Lydia	14 9am Morning Zen 1pm Tantric Flow 5 pm <i>Divine Heart Awakening: Cacao ceremony with sound bath meditation</i>
15 10am Morning Zen 12pm Tantric Flow 4pm Sunday Soothe	16 6pm Yin Yoga with Lydia	17	18 12pm Hatha Yoga with Mary	19	20 10am Hatha Yoga with Mary 12pm Yin Yoga with Lydia	21 8:30am Hatha Yoga with Mary

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22	23 10am Hatha Yoga with Mary	24 10am Hatha Yoga with Mary 5:30pm: Relaxation Practice	25	26 5:30pm: Relaxation Practice	27 10am Hatha Yoga with Mary	28 8:30am Hatha Yoga with Mary 10am Morning Zen 12pm Tantric Flow