

# Ascension Healing Center

## March 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b>	<b>2</b> 9:45am Hatha Yoga	<b>3</b> 9:45am Hatha Yoga  6pm Hatha Yoga	<b>4</b> 9:45am Hatha Yoga  12pm Hatha Yoga	<b>5</b>  6pm Hatha Yoga	<b>6</b> 9:45am Hatha Yoga	<b>7</b> 8:30am Hatha Yoga
<b>8</b> 1pm Sunday Soothe	<b>9</b> 9:45am Hatha Yoga	<b>10</b> 9:45am Hatha Yoga  6pm Hatha Yoga	<b>11</b> 9:45am Hatha Yoga  12pm Hatha Yoga	<b>12</b> 6pm Hatha Yoga  7:30pm Breathwork and Soundbath meditation	<b>13</b> 9:45am Hatha Yoga  12pm: Yin Yoga	<b>14</b> 8:30am Hatha Yoga  10am Morning Zen  3pm Breathwork and Soundbath meditation
<b>15</b> 10am Morning Zen 1pm Sunday Soothe  5:30 pm: Yin Yoga	<b>16</b> 9:45am Hatha Yoga	<b>17</b> 9:45am Hatha Yoga  6pm Hatha Yoga	<b>18</b> 9:45am Hatha Yoga  12pm Hatha Yoga	<b>19</b>  6pm Hatha Yoga	<b>20</b> 9:45am Hatha Yoga  12pm: Yin Yoga	<b>21</b> 8:30am Hatha Yoga  6pm Chakra Revitalization: Guided meditation & Sound journey
<b>22</b> 10am Morning Zen 1pm Sunday Soothe  5:30 pm: Yin Yoga	<b>23</b> 9:45am Hatha Yoga	<b>24</b> 9:45am Hatha Yoga  6pm Hatha Yoga	<b>25</b> 9:45am Hatha Yoga  12pm Hatha Yoga	<b>26</b>  6pm Hatha Yoga	<b>27</b> 9:45am Hatha Yoga  12pm: Yin Yoga	<b>28</b> 2pm Chakra Revitalization: Guided meditation & Sound Journey

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>29</b> <b>10am Morning Zen</b> <b>1pm Sunday Soothe</b> <b>5:30 pm: Yin Yoga</b>	<b>30</b>	<b>31</b>				