

# March 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 3pm Gentle Flow & Restore @ ReWild TC  4:15-5pm Beginners Yoga ReWild TC	2 5:30pm Gentle Flow & Restore @ SBBC Maple City	3 NA	4 NA
5 9:30am Yin & Restore @ SBBC Maple City	6 3pm Gentle Flow & Restore @ ReWild TC	7 9-10:15am Yin & Restore via Zoom or in-person @ Camille's Maple City *Register for Zoom link	8 3pm Gentle Flow & Restore @ ReWild TC  4:15-5pm Beginners Yoga ReWild TC	9 5:30pm Gentle Flow & Restore @ SBBC Maple City	10 NA	11 NA
12 9:30am Yin & Restore @ SBBC Maple City	13 3pm Gentle Flow & Restore @ ReWild TC	14 9-10:15am Yin & Restore via Zoom or in-person @ Camille's Maple City *Register for Zoom link	15 3pm Gentle Flow & Restore @ ReWild TC  4:15-5pm Beginners Yoga ReWild TC	16 5:30pm Gentle Flow & Restore @ SBBC Maple City	17 NA	18 NA
19 9:30am Yin & Restore @ SBBC Maple City	20 3pm Gentle Flow & Restore @ ReWild TC	21 9-10:15am Yin & Restore via Zoom or in-person @ Camille's Maple City *Register for Zoom link	22 3pm Gentle Flow & Restore @ ReWild TC  4:15-5pm Beginners Yoga ReWild TC	23 5:30pm Gentle Flow & Restore @ SBBC Maple City	24 NA	25 NA
26 9:30am Yin & Restore @ SBBC Maple City  11:30am Meditation Class ReWild TC	27 3pm Gentle Flow & Restore @ ReWild TC	28 9-10:15am Yin & Restore via Zoom or in-person @ Camille's Maple City *Register for Zoom link  6-7pm Gentle Flow & Restore North Love TC	29 3pm Gentle Flow & Restore @ ReWild TC  4:15-5pm **Class changes to Vinyasa ReWild TC	30 5:30pm Gentle Flow & Restore @ SBBC Maple City	31 NA	

## Notes:

- Class registration required by the night before class day
- Sleeping Bear Bay Club (SBBC) and Camille's Studio:
  - Register at [www.stillnessandstrengthyoga.com](http://www.stillnessandstrengthyoga.com)
- ReWild Studio: Register at <https://rewildyogastudio.com/>
- Welcome to bring own personal yoga props
  - used in every class: one mat, 1-2 bolsters (or firm pillows), two blocks, 2-3 blankets, one yoga strap (welcome to bring an eye pillow for restorative!)

