

MARCH 2026

OMBODY MASSAGE AND WELLNESS 724.320.9386



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
23	24	25	26	27	28	1
2	3	4	5	6	7	8
5:15pm - Barre (Tara)			10am - Chair Yoga (Erica)		8am - Stretch & Flow Community Yoga - Donation-based (Erica)	
9	10	11	12	13	14	15
5:15pm - Barre (Tara)			9am - Yoga & Mobility Flow (Erica)	6pm - Flow & Flourish - Yoga & Burlesque Flow (\$20) (Alexa)	9:30am - Hatha Vinyasa w/ Weights (\$20) (Erica)	9:30am - Sunday Serenity - Yoga Flow & Nidra (Erica)
16	17	18	19	20	21	22
5:15pm - Barre (Tara)			10am - Chair Yoga (Erica)	5:30pm - Spring Equinox Restorative Yoga & Sound Bath (Leann)	8am - Stretch & Flow Community Yoga - Donation-based (Erica)	
23	24	25	26	27	28	29
5:15pm - Barre (Tara)		6pm - Guided Meditation - Law of Attraction (Crystal)	9am - Yoga & Mobility Flow (Erica)		9:30am - Restorative Flow & Tea Meditation (\$20) (Erica)	
30	31	1	2	3	4	5
5:15pm - Barre (Tara)						

PLEASE PRE-REGISTER FOR ALL CLASSES AND WORKSHOPS AT OMBODYMASSAGEANDWELLNESS.COM OR CALL 724.320.9386.

Wellness Class

BINGO

Try a Barre Class	Do 1 set (10 breaths) of effortless belly breathing	Try a Guided Meditation Class	Brush your teeth while standing on one leg	Practice 10 days in a row (in-person or online)
Cut yourself some slack - take the day off and play!	Practice 3 days a week for 3 weeks in a row	Set Your Own Goal: _____	Practice Savasana at home for at least 5 minutes	Had Yoga Brain: temporarily forgot about a problem
Practice in 5 different spots in the OmBody yoga room.	Introduce yourself to a new Yoga buddy		Practice Chair Yoga	Post a comment on OmBody FB or IG page
Practice 3 days a week for 4 weeks in a row	Pause once daily to notice your breath	Try a weekday class	Try a weekend class	Teach someone your favorite barre or yoga pose
Try Restorative Yoga & Sound Bath	Share the love! Bring a friend to class	Show a random act of kindness to a fellow yogi	Try a new pose	Set Your Own Goal: _____