

March 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 3-5 PM KIRTAN WITH MICHAEL WARREN & FRIENDS DONATION BASED	2 5:30 PM ZUMBA NICKY \$10	3 9:30 AM EASY MORNING MOVEMENT WITH JIM Z \$10	4 6 PM YOGA & BREATHWORK WITH MICHAEL WARREN \$15	5 9:30 AM EASY MORNING MOVEMENT WITH JIM Z \$10	6 6:00 PM SOUND IMMERSIVE EXPERIENCE WITH REIKI w/ LAURA Z, \$35	7 2:00 PM SOUND IMMERSIVE EXPERIENCE WITH REIKI w/ LAURA ZWYENBURG, SUSAN HAVENS, \$35
	8 5:30 PM ZUMBA NICKY \$10	10 9:30 AM EASY MORNING MOVEMENT WITH JIM Z \$10	11 6-8 PM HERBAL PROTECTION & HERBAL PREVENTION WITH LISE FULLER \$25 NO YOGA TONITE	12 9:30 AM EASY MORNING MOVEMENT WITH JIM Z \$10	13 6:00 PM WOMANS HEALING CIRCLE W/ HANAN HOLISTIC HEALING \$25	14 5:30 PM ZUMBA NICKY \$10
15 2-4 PM CONNECT TO YOUR INNER GODDESS OF ART&WISDOM WITH MARY KINCAID \$25	16 5:30 PM ZUMBA NICKY \$10	17 9:30 AM EASY MORNING MOVEMENT WITH JIM Z \$10	18 6 PM YOGA & BREATHWORK WITH MICHAEL WARREN \$15	19 9:30 AM EASY MORNING MOVEMENT WITH JIM Z \$10	20 6-7:15 PM QIGONG FLOW WITH ROB BOWE & LIVE MUSIC \$15	21 5:30 PM ZUMBA NICKY \$10
	22 5:30 PM ZUMBA NICKY \$10	24 9:30 AM EASY MORNING MOVEMENT WITH JIM Z \$10	25 6 PM YOGA & BREATHWORK WITH MICHAEL WARREN \$15	26 9:30 AM EASY MORNING MOVEMENT WITH JIM Z \$10		27 28 9AM-3-PM USUI SYSTEM REIKI/FIRST DEGREE ATTUNEMENT 5:30 PM ZUMBA NICKY \$10
29 DAY 2 CLASS USUI SYSTEM REIKI/FIRST DEGREE ATTUNEMENT 12 PM-4PM	30 5:30 PM ZUMBA NICKY \$10	31 9:30 AM EASY MORNING MOVEMENT WITH JIM Z \$10		<p>In March, the earth remembers itself, and with each new day, we are reminded of the beauty and potential that lies ahead. As we embrace the warmth of spring, let us also embrace the healing and renewal that comes with it.</p>	 <p>EVOLVE-Z Yoga & More 10 Maple Street Hudson Falls, New York 12839</p> 	