



Yoga Calendar

APRIL '18

Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.
2	3 YOGA 6:30 - 7:30 pm	4	5	6	7	8
9	10	11	12 YOGA 5:30 - 6:30 pm	13	14	15
16	17 YOGA 6:30 - 7:30 pm	18	19	20	21 YOGA 11:30 - 12:30 pm	22
23	24 YOGA 6:30 - 7:30 pm	25	26 YOGA 5:30 - 6:30 pm	27	28 YOGA 11:30 - 12:30 pm	29
30						

CLASSES ARE HELD AT OUR LOCATION:

- Charities House, 25 Point Finger Road, Paget
 - Ground Floor Board Room, down the right hallway, second door on the right.
- All levels of experience WELCOME!
- If you have a mat bring it – those who don't, we have spare mats.
- Drop in rate - **\$20.00** Or Block of 10 classes, no expiry date - **\$160.00** (\$40.00 Savings!)
- You can now purchase classes on-line – Follow the links in the email or call 295-5100 for payment details.

Please feel free contact me if you have any questions. Private sessions available.

Beth Hollis | bhollis@oceanrockwellness.com | P: (441) 295-5100 @oceanrockwellness

OCEANROCK
WELLNESS