

# Yoga Calendar

## November 2020



Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.
2	3 5:00 pm Zoom with Beth	4	5 5:30 pm Zoom with Brooke	6	7 11:30 am Zoom with Brooke	8
9	10 5:00 pm Zoom with Beth	11	12 5:30 pm Zoom with Brooke	13	14 11:30 am Zoom with Brooke	15
16	17 5:00 pm Zoom with Beth	18	19 5:30 pm Zoom with Brooke	20	21 11:30 am Zoom with Brooke 2:00 pm In Studio Workshop with Beth (5 spots only)	22
23	24 5:00 pm Zoom with Beth	25	26 5:30 pm Zoom with Brooke	27	28 11:30 am Zoom with Brooke	29 10:00 am Outdoor Walk & Yoga @Arboretum with Beth

To RSVP Email: [bhollis@oceanrockwellness.com](mailto:bhollis@oceanrockwellness.com)

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Please email [bhollis@oceanrockwellness.com](mailto:bhollis@oceanrockwellness.com) to RSVP for the classes you wish to attend this month. Before each class you will be emailed a Zoom meeting link.

If you wish to be 'In Studio' for the Zoom Classes, we can accommodate. Please send this request with your RSVP to save your spot. Limited spots available, you must RSVP.

To complete the registration process, a class will be deducted from your current package, or you can purchase a drop in class. You can purchase a class or package online at <https://shop.oceanrockwellness.com/product-category/yoga/> or by phone (441) 295-5100.

You can RSVP to as many classes as you wish at once, or you can email the day before the class you wish to join.

Private, in studio 1 on 1 sessions are available throughout the week and on weekends! Each session is 1 hour in length.

For any further questions and to RSVP, please email: [bhollis@oceanrockwellness.com](mailto:bhollis@oceanrockwellness.com)