



ZOOM Yoga Calendar

APRIL '21

Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.
			1 5:30 pm Zoom with Brooke	2	3 10:30 am Zoom with Brooke	4
5	6 5:00 pm Zoom with Beth	7	8 5:30 pm Zoom with Brooke	9	10 10:30 am Zoom with Brooke	11
12	13 5:00 pm Zoom with Beth	14	15 5:30 pm Zoom with Brooke	16	17 10:30 am Zoom with Brooke	18
19	20 5:00 pm Zoom with Beth	21	22 5:30 pm Zoom with Brooke	23	24 10:30 am Zoom with Brooke	25
26	27 5:00 pm Zoom with Beth	28	29 5:30 pm Zoom with Brooke	30		

The Zoom Login details are below, please have your First and Last Name on your Zoom Profile so we can take attendance. We will always use the same Meeting Room ID and Password.

Ocean Rock Yoga's Personal Meeting Room

<https://zoom.us/j/3231449345?pwd=ZEdTTEt3OW1lVWNzQ2ZXRHBUMXdoQT09>

Meeting ID: 323 144 9345

Passcode: orwyoga

Please purchase your class or package before the class. You can purchase a class or package online at:

<https://shop.oceanrockwellness.com/product-category/yoga/> or by phone (441) 295-5100.

Our administrative staff will notify yoga instructors of the purchases.

You **do not** need to email RSVP for each class, just hop on the Zoom link whenever a class is scheduled.

We will take attendance at the end of each class.

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

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

