



ZOOM Yoga Calendar

MAY '21

Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.
			5:30 pm Zoom with Brooke		1 10:30 am Zoom with Brooke	2
3	4 5:00 pm Zoom with Beth	5	6 5:30 pm Zoom with Brooke	7	8 10:30 am Zoom with Brooke	9
10	11 5:00 pm Zoom with Beth	12	13 5:30 pm Zoom with Brooke	14	15 10:30 am Zoom with Brooke	16
17	18 5:00 pm Zoom with Beth	19	20 5:30 pm Zoom with Brooke	21	22 10:30 am Zoom with Brooke	23
24/31	25 5:00 pm Zoom with Beth	26	27 5:30 pm Zoom with Brooke	28	29 10:30 am 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

