



ZOOM Yoga Calendar

AUGUST '21

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

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

