



ZOOM Yoga Calendar

OCT 21'

Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.
				1	2 10:30 am Zoom with Beth	3
4	5 5:00 pm Zoom with Beth	6	7 5:30 pm Zoom with Ewa	8	9 10:30 am Zoom with Beth	10
11	12 5:00 pm Zoom with Beth	13	14 5:30 pm Zoom with Ewa	15	16 NO CLASS	17
18	19 5:00 pm Zoom with Beth	20	21 5:30 pm Zoom with Ewa	22	23 10:30 am Zoom with Beth	24
25	26 5:00 pm Zoom with Beth	27	28 5:30 pm Zoom with Ewa	29	30 10:30 am Zoom with Beth	31

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

