



Yoga Calendar

JUNE 22'

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

Classes are HYBRID – you choose in person or Zoom. Login details are below, please have your First and Last Name on your Profile so we can take attendance. We 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 in office or 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 to participate on zoom, just hop on the Zoom link whenever a class is

scheduled. ***If you want to come into the studio for a Tuesday class, please FIRST email Beth at:**

bhollis@oceanrockwellness.com NO need to RSVP for Chair Yoga, lots of space!

Private sessions available. 295-5100