



Yoga Calendar

MAY 22'

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

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

