



Yoga Calendar

OCTOBER 22'

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

Classes will now be outdoors, held at Botanical Gardens in front of Camden House.

We will see how the weather holds, likely stay outdoors until mid-November. If it is raining during our class time, the class will be cancelled. If the class is cancelled we will put a notice on the Ocean Rock Wellness Facebook page.

Cost: Drop In \$25; Package (10 Classes) \$160

Please purchase your class or package before the class.

You can purchase in office, by phone or online at: <https://shop.oceanrockwellness.com/product-category/yoga/>

Our administrative staff will notify yoga instructors of the purchases. Private sessions also available.

Please call 295-5100 if you have any questions. Be sure to share with your friends and family!