



Yoga Calendar

September 22'

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