Two Heart Yoga Online Zoom Classes Schedule June 2020

- Download the ZOOM ap on your computer or through The Ap Store on Apple devices or the PlayStore on Android.
- Create a free ZOOM account on the device(s) that you will use.
- Open up the ZOOM ap on your device or put Zoom.com in a browser on your computer.
- Click on Join a Meeting, enter login, and then password.
- Use the log in and password for https://zoom.us/ live classes that was sent out in an email from TwoHearts.
- If you would like to be added to the mailing list, please email Jane, include your full name and mobile phone number. yoga@twohearts.net

TWO HEARTS
YOGA STUDIO

Liability Waiver

Your attendance at online or recorded classes indicates that you have read and agree to the liability waiver. Use your class card or purchase a class card here.

Beginning Saturday , June 13, 2020

June Classes

Day	Time	Class	Teacher	Location
Monday	9:30 - 10:45 am 7:00 - 8:00 pm	**Mixed Level Iyengar Yoga** **Gentle Yoga for Relieving Back Pain and Stress**	**Emilie** **Jane**	**Zoom** **Zoom and STUDIO**
Tuesday	9:30 -10:45 am 5:30 - 6:45 pm	**Yoga with Philosophy and Alignment: Mixed Level** **Yoga with Philosophy and Alignment: Level 2-3**	**Jane** **Jane**	**Zoom** **STUDIO**
Wednesday	11:30 - 12:45 am 7:00 - 8:00 pm	**Slow Flow Yoga** **Happiness Comes From Within: Mixed Level Yoga**	**Marina** **Jane**	**Zoom and STUDIO** **STUDIO**
Thursday	9:30 -10:45 am 5:30 - 6:45 pm 7:00 - 8:15 pm	**Yoga Fusion** **Yoga Fusion** **Gentle Yoga**	**Jane** **Jane** **Pamela**	**Zoom** **STUDIO** **Zoom**
Friday	9:30 -10:45 11:30 -12:45	**Yoga Level 1-2** **Gentle Yoga**	**Marina** **Jane**	**Zoom and STUDIO** **Zoom and STUDIO**
Saturday	9:30 -10:45 11:30 - 12:45	**Classic Rock Yoga: Mixed Level** **Yoga Level 1**	**Jane or Marina** **Jane or Marina**	**STUDIO** (no class 6/27) **STUDIO** (no class 6/27)