



PAVONINE
YOGA
Pavonine Yoga
Virtual Schedule
Spring 2020

All single classes are \$10 and take place online using Zoom.
If you have a monthly unlimited membership, online classes are included.

Join us from home using the Zoom app and website!

Download the Zoom app, or plan to use your computer.

At least 30 minutes in advance, register for your class in MINDBODY, where you can also make a payment.

You'll receive an invitation in your MINDBODY-associated email 15 minutes prior to the start of class.

Click the link and join us!

Questions? Email pavonineyoga@gmail.com or text/call 845-859-0308.

*Thank you all for your continued support of Pavonine Yoga during this challenging time.
We are incredibly grateful for our yogi community and our instructors now more than ever.*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6am ReBoot Camp (Delia)		6am ReBoot Camp (Delia)	6am ReBoot Camp (Delia)		
9am Virtual Vinyasa (Jessica)		9am Virtual Vinyasa (Julia)		9am Virtual Vinyasa (Julia)	9am Virtual Vinyasa (Delia)	9am Virtual Vinyasa (Melinda) (75 mins)
6pm Virtual Vinyasa (Melinda)	6pm Cyber Strength Yoga (Dominique)	5:30pm Virtual Vinyasa (Dominique)	6pm YouTube Yin (Jessica) (75 mins)			5:30pm Virtual Vinyasa (Delia)
7:30pm Remote Restorative (Christina)	7:30pm Gentle Flow and Remote Restore (Christina)	7pm Remote Restorative (Jessica) (75 mins)	7:30pm Virtual Vinyasa (Meghann)			