



PAVONINE
YOGA

**Pavonine Yoga
Virtual and Outdoor Schedule
Fall 2020**

To join us online using the Zoom app and website:

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

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

Visit our [website](#) to find the Zoom link and join the class!

To join us outdoors at Roe Park:

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

Meet us at Roe Park, Highland Falls!

Bring your own mat, props, and a face mask.

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

Thank you all for your continued support of Pavonine Yoga!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6am Virtual Boot Camp (Delia)		6am Virtual Boot Camp (Delia)			
		9am Vinyasa at Roe Park (Julia)		9am Virtual Vinyasa (Julia)	9am Virtual Vinyasa (Melinda)	9am Virtual Vinyasa (Julia)
6pm Vinyasa at Roe Park (Melinda)						