

Hello BSAC Yoga participants,

Due to the spike in covid cases resulting from the Omicron variant, Mary would like to move Monday's Yoga class to Zoom until the spike falls. We hope to resume in-person by Valentine's day.

The classes will begin at **10am (not 10:30) Starting this Monday, 1/10**, you can access the class via Zoom with this

link: <https://us06web.zoom.us/j/98812465491?pwd=bnlod2l3Z2xBb3VrNXN3WlZNRGRHQ09>

This is the same link as the Wednesday online class, and I will also include the link in the weekly Enews starting next Friday. If you join the class with the Zoom app or webpage, the meeting ID is 988 1246 5491 and the password is: connect!

Let me know if you need any help joining the zoom meeting.

Eric Pierson

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