**Jessica Seabern Yoga Schedule/Links** updated Oct. 2020

**Monday 8:00am Hatha 1-2**

[**https://zoom.us/j/91821426495?pwd=OWVveUlYZGo1TllvajNRWnpjVTVNdz09**](https://zoom.us/j/91821426495?pwd=OWVveUlYZGo1TllvajNRWnpjVTVNdz09)

**Passcode: 554000**

[**https://www.communityyogacollective.com**](https://www.communityyogacollective.com)

**Monday 4:00 PM Fitness Flow**

**Tuesday Noon Flow**

**Thursday 10:30 AM Aligned Flow**

**Thursday Noon Gentle Yoga**

[**https://www.youandthemat.com**](https://www.youandthemat.com) **(In-Person & Live-Stream)**

**Monday 6:00 PM Flow**

**Wednesday 6:00 PM Flow**

**Friday 11:00 AM Level 1**

[**https://www.yogaworks.com/classes/live**](https://www.yogaworks.com/classes/live)

**(Use code JESSICAS for 10% Off)**

**Wednesday 4:15 – 5:00 PM Yoga for A Healthy Back**

**https://us02web.zoom.us/j/82390558358**

**Meeting ID: 823 9055 8358**

**Passcode: yoga**

**Thursday 7:45 AM Yoga for Stiff Bodies**

[**https://us02web.zoom.us/j/822459165**](https://us02web.zoom.us/j/822459165)

**Meeting ID: 822 459 165**

**Passcode: yoga**