





GUDMESTAD  
YOGA TRADITION  
Paxson Yoga Center

### Summer Cancellation Policy

Drop-in class purchases are not refundable. If you wish to cancel, you must do so at least one hour before the start time, or your purchase will be applied to the class.

**The link for each class will be emailed to all students as they register and again 24 hours before the class begins. You MUST register online at least 15 minutes before class begins.**

#### REGISTRATION OPTION 1

IF THIS IS YOUR FIRST TIME PURCHASING AN ONLINE PASS

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**Step 1:** CHOOSE A CLASS from our schedule and 'BOOK' the class.

**Step 2:** Create a MINDBODY account and password.

**Step 3:** SELECT YOUR CLASS again, choose the Class Pass amount and PAY.

**Step 4:** You will receive a confirmation email with a LINK TO THE CLASS when you BOOK the class and again 24 hours before the class begins. (If you do not receive the link in your inbox, check your SPAM or JUNK folder.)

#### REGISTRATION OPTION 2

IF YOU HAVE A PASS AVAILABLE

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**Step 1:** CHOOSE A CLASS from our schedule and 'BOOK' the class.

**Step 2:** LOG IN to your MINDBODY account with your username and password.

**Step 3:** SELECT YOUR CLASS and the class will be deducted from your account.

**Step 4:** You will receive a confirmation email with a LINK TO THE CLASS when you BOOK the class and again 24 hours before the class begins. (If you do not receive the link in your inbox, check your SPAM or JUNK folder.)

For Questions about Zoom and how it works go to  
[www.paxsonyogacenter.com/summer-classes/](http://www.paxsonyogacenter.com/summer-classes/)

# July 2020



GUDMESTAD  
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>1</b> 7:45 Int. Beth 9:30 ABeg. Beth 11:30 Beg. Hope ● 11:30 ABeg. Stuart 6:00 ABeg. Rachel	<b>2</b> 9:30 Beg. Rachel 11:30 ABeg. Stuart 11:30 Int. Hope ● 6:00 ABeg. Beth ●	<b>3</b> 8:15 Int. Hope 10:00 ABeg. Beth 11:45 ABeg. Beth	<b>4</b>           INDEPENDENCE DAY
<b>5</b>	<b>6</b> 9:30 Beg. Hope 9:30 ABeg. Rachel 11:30 ABeg. Hope 6:00 Beg. Caroline	<b>7</b> 9:30 ABeg. Stuart ● 11:30 Int. Stuart 1:30 ABeg. Beth 6:00 Int. Julie ●	<b>8</b> 7:45 Int. Beth 11:30 ABeg. Stuart 6:00 ABeg. Rachel	<b>9</b> 9:30 Beg. Rachel ● 11:30 ABeg. Stuart ● 6:00 ABeg. Beth	<b>10</b> 8:15 Int. Hope 10:00 ABeg. Beth 11:45 ABeg. Beth	<b>11</b> 8:00 ABeg. Hope 9:45 Beg. Hope
<b>12</b>	<b>13</b> 9:30 Beg. Hope 11:30 ABeg. Hope 6:00 Beg. Caroline	<b>14</b> 9:30 ABeg. Stuart 11:30 Int. Stuart 1:30 ABeg. Beth 6:00 Int. Julie ●	<b>15</b> 7:45 Int. Laila 11:30 ABeg. Stuart 6:00 ABeg. Rachel ●	<b>16</b> 9:30 Beg. Rachel 11:30 ABeg. Stuart 6:00 ABeg. Beth ●	<b>17</b> 8:15 Int. Laila ● 10:00 ABeg. Laila ● 11:45 ABeg. Beth	<b>18</b> 8:00 ABeg. Hope 9:45 Beg. Hope ●
<b>19</b>	<b>20</b> 9:30 Beg. Hope ● 11:30 ABeg. Hope 6:00 Beg. Caroline	<b>21</b> 9:30 ABeg. Stuart 11:30 Int. Stuart 1:30 ABeg. Beth ● 6:00 Int. Julie ●	<b>22</b> 7:45 Int. Rachel ● 11:30 ABeg. Stuart 6:00 ABeg. Rachel	<b>23</b> 9:30 Beg. Rachel 11:30 ABeg. Stuart 6:00 ABeg. Beth	<b>24</b> 8:15 Int. Stuart 10:00 ABeg. Beth ● 11:45 ABeg. Beth	<b>25</b> 8:00 ABeg. Hope 9:45 Beg. Hope
<b>26</b>	<b>27</b> 9:30 Beg. Hope 11:30 ABeg. Hope 6:00 Beg. Caroline ●	<b>28</b> 9:30 ABeg. Stuart 11:30 Int. Stuart 1:30 ABeg. Beth 6:00 Int. Julie ●	<b>29</b> 7:45 Int. Beth 11:30 ABeg. Stuart 6:00 ABeg. Rachel	<b>30</b> 9:30 Beg. Rachel 11:30 ABeg. Stuart ● 6:00 ABeg. Beth	<b>31</b> 8:15 Int. Hope 10:00 ABeg. Beth 11:45 ABeg. Beth ●	<b>KEY</b> <hr/> Beg. = L1, L2 <hr/> ABeg. = L2, 3, Ath 3 <hr/> Int. = L3-4, 4, 5 <hr/> Recording = ●

# August 2020



GUDMESTAD  
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>KEY</b> Beg. = L1, L2 ABeg. = L2, 3, Ath 3 Int. = L3-4, 4, 5 Recording = ●						<b>1</b> 8:00 ABeg. Hope 9:45 Beg. Hope
<b>2</b>	<b>3</b> 9:30 Beg. Hope 11:30 ABeg. Hope  6:00 Beg. Caroline ●	<b>4</b> 9:30 ABeg. Stuart 11:30 Int. Stuart 1:30 ABeg. Beth  6:00 Int. Beth	<b>5</b> 7:45 Int. Beth 11:30 ABeg. Stuart  6:00 ABeg. Rachel ●	<b>6</b> 9:30 Beg. Rachel 11:30 ABeg. Stuart  6:00 ABeg. Beth	<b>7</b> 8:15 Int. Hope ● 10:00 ABeg. Beth 11:45 ABeg. Beth	<b>8</b> 8:00 ABeg. Hope ● 9:45 Beg. Hope
<b>9</b>	<b>10</b> 9:30 Beg. Hope 11:30 ABeg. Hope  6:00 Beg. Caroline	<b>11</b> 9:30 ABeg. Stuart 11:30 Int. Stuart 1:30 ABeg. Beth  6:00 Int. Beth	<b>12</b> 7:45 Int. Laila 11:30 ABeg. Stuart ●  6:00 ABeg. Beth	<b>13</b> 9:30 Beg. Beth 11:30 ABeg. Stuart  6:00 ABeg. Beth	<b>14</b> 8:15 Int. Laila ● 10:00 ABeg. Laila ● 11:45 ABeg. Beth	<b>15</b> 8:00 ABeg. Hope 9:45 Beg. Hope ●
<b>16</b>	<b>17</b> 9:30 Beg. Hope 11:30 ABeg. Hope ●  6:00 Beg. Caroline	<b>18</b> 9:30 ABeg. Stuart 11:30 Int. Stuart 1:30 ABeg. Beth  6:00 Int. Julie ●	<b>19</b> 7:45 Int. Laila 11:30 ABeg. Stuart  6:00 ABeg. Rachel	<b>20</b> 9:30 Beg. Rachel ● 11:30 ABeg. Stuart  6:00 ABeg. Beth	<b>21</b> 8:15 Int. Laila 10:00 ABeg. Laila 11:45 ABeg. Beth ●	<b>22</b> 8:00 ABeg. Hope 9:45 Beg. Hope
<b>23</b>  <b>30</b> See September for August 31st classes	<b>24</b> 9:30 Beg. Hope ● 11:30 ABeg. Hope  6:00 Beg. Caroline	<b>25</b> 9:30 ABeg. Stuart ● 11:30 Int. Stuart ● 1:30 ABeg. Beth  6:00 Int. Julie ●	<b>26</b> 7:45 Int. Beth 11:30 ABeg. Stuart  6:00 ABeg. Rachel ●	<b>27</b> 9:30 Beg. Rachel 11:30 ABeg. Stuart  6:00 ABeg. Beth	<b>28</b> 8:15 Int. Hope 10:00 ABeg. Beth 11:45 ABeg. Beth	<b>29</b> 8:00 ABeg. Hope 9:45 Beg. Hope

# September 2020



GUDMESTAD  
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>30</b>	<b>31</b> 9:30 Beg. Hope 11:30 ABeg. Hope  6:00 Beg. Caroline ●	<b>1</b>  1:30 ABeg. Beth ●  6:00 Int. Beth	<b>2</b> 7:45 Int. Beth ● 11:30 ABeg. Hope ●  6:00 ABeg. Rachel	<b>3</b> 9:30 Beg. Rachel 11:30 ABeg. Hope  6:00 ABeg. Beth ●	<b>4</b> 8:15 Int. Hope 10:00 ABeg. Beth 11:45 ABeg. Beth	<b>5</b> 8:00 ABeg. Hope 9:45 Beg. Hope
<b>6</b>	<b>7</b>  LABOR DAY	<b>8</b>  1:30 ABeg. Beth  6:00 Int. Beth	<b>9</b> 7:45 Int. Beth 11:30 ABeg. Hope  6:00 ABeg. Rachel	<b>10</b> 9:30 Beg. Rachel 11:30 ABeg. Hope  6:00 ABeg. Beth	<b>11</b> 10:00 ABeg. Beth 11:45 ABeg. Beth	<b>12</b> 8:00 ABeg. Hope 9:45 Beg. Hope
<b>13</b>	<b>14</b> FALL TERM BEGINS	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>			<b>KEY</b> <hr/> Beg. = L1, L2 <hr/> ABeg. = L2, 3, Ath 3 <hr/> Int. = L3-4, 4, 5 <hr/> Recording = ●