

THIS WEEK: Yoga will be moved to Wednesday directly after meditation

WEDNESDAY 12:00PM + 12:30PM: Meditation with TJ + YOGA (this week only, classes back to back)

Teleconferencing #: 929-205-6099

Meeting ID: 878 9738 2626

<https://us02web.zoom.us/j/87897382626>

NEW CLASS THIS WEEK: MOVEMENT SPEAKS! Thursdays at 10am

We are excited to have a returning class to the PSCSA, Movement Speaks by Dances for a Variable Population. Join us in celebrating movement in strong, creative ways. The class will last 10 weeks. Starting this Thursday.

Movement Speaks

Thursday 10:00AM

Meeting ID: 657 199 474

<https://us02web.zoom.us/j/657199474>

Additional Reminder: Latin Rhythms returns this Friday!

PSCSA remote class schedule this week

Classes on Zoom (Video or Phone)

Monday

CLOSED

Tuesday

11:00AM Bodies in Motion with Quinn (password required)

Meeting ID: 718 813 0636

Password: 835384

<https://zoom.us/j/7188130636>

2:00PM: Storytelling with Lily

Teleconferencing #: 301-715-8592

Meeting ID: 450 717 4121

<https://zoom.us/j/450717412>

Wednesday

12:00PM: Meditation with TJ + YOGA (this week only, classes back to back)

Teleconferencing #: 929-205-6099

Meeting ID: 878 9738 2626

<https://us02web.zoom.us/j/87897382626>

2:00PM: Qi Gong with Ann

Teleconferencing #: 929-205-6099

Meeting ID: 735 930 111

<https://us02web.zoom.us/j/735930111>

Thursday

10:00AM: Movement Speaks

Meeting ID: 657 199 474

<https://us02web.zoom.us/j/657199474>

2:00PM: Tai Chi with Tzyann

Teleconferencing #: 929-205-6099

Meeting ID: 890 354 421

<https://zoom.us/j/890354421>

Friday

11:00AM Center updates and discussion with Sarah

Direct link: <https://us02web.zoom.us/j/87908774322>

Teleconferencing #: 929-205-6099

Meeting ID: 879 0877 4322

1:00PM Latin Rhythms with Leo and Walter

Teleconferencing #: 929-205-6099

Meeting ID: 859 3983 5726

<https://us02web.zoom.us/j/85939835726>

Instructions to join a class via zoom:

By Telephone

1. On your phone, dial the [teleconferencing number](#)
2. Enter the **meeting ID** when prompted using your dial-pad followed by #. (Each class has a different meeting ID)
3. When prompted to enter participant ID, just press # again.

By Computer

1. Open zoom.us/join
2. Enter the [meeting ID](#) and click "Join"
3. When Pop-Up box appears, select "Open Zoom"
4. Select if you would like to connect audio and/or video and click **Join**.