

Schedule & reservation

Our Shala is closed but we continue with direct classes on ZOOM !

PLANNING ZOOM :

MONDAY

9h30 – 10h45 Hatha Flow with Emma Ford *class in english*

TUESDAY

8h00 – 9h45 Morning Yoga Routine with Frédéric **NEW CLASS**

19h00 – 20h15 Yin Yoga with Yoko

WEDNESDAY

18h30 – 19h45 Hatha Flow with Rachelle *class in english*

THURSDAY

18h30 – 19h45 Vinyasa with Frédéric

FRIDAY

17h30 – 18h45 Yin Yoga with Anne

SATURDAY

10h30 – 11h45 Vinyasa with Frederic

12h00 – 13h15 Vinyasa with Alex

DIMANCHE

18h00 – 19h15 Yin Yoga with Rachelle class in english

* * *

VIDEO ON DEMAND for ZOOM classes :

If you can't participate the live class you wish, you can contact us to get a link for the video of the class and use it for 48h. You just need to subscribe to the class on our homepage or on mindbody like usually and we will send you the link after the class.

* * *

How to participate live classes :

1st STEP

- Book the class on this page by scrolling down or directly on Mindbody **at least 30min before the start of the class** to be sure to get the access link to the class on time. Make sure you **add your email address** to your account so we can send you **the link to access the class in Zoom**.
- If you don't have an account already on Mindbody, you can create one when booking a class directly on our [homepage](#) or on [Mindbody](#).

2nd STEP

- Our live classes are brought to you on Zoom application, free to use for students. Download the application "Zoom Cloud Meeting" already beforehand on your phone, computer or ipad already before by clicking on [this link](#).

3rd STEP

- 30 minutes before the class you will receive an email from Paris Yoga Shala with the link to access the class. Click on the link and follow the instructions to join. The waiting room will be opened 15min before the class.
 - *If you have any questions about subscribing to the class, please contact us on contact@parisyoga.com.*

Informations importantes covid 19