

# Yoga, Etc.

February 22-March 1

Public Classes

[www.yogaetcfalmouth.com](http://www.yogaetcfalmouth.com)



## Monday and Wednesday

Kelli's Slow Flow Yoga class meets 9:30-10:30 Mondays and Wednesdays. Her new Gentle Yoga class meets Wednesdays at noon. All levels are welcome. All walk-ins are welcome. \$10.00

## Friday

Michael's Yoga for Strength and Alignment is canceled this Friday. Class will resume March 6.

## Tuesday and Thursday

Michelle's 6:00-7:15 pm Tuesday Kundalini class and her Thursday Yin/Restorative continue this week! Walk-ins are welcome (\$20.00)

**Tuesdays!** 8:30-9:30, starting this week! Register with Katy at [katymccann.com](http://katymccann.com) for registration

### STRENGTHEN & SOOTHE: NECK & SHOULDERS

Ease your nervous system + develop deep, mindful strength & mobility with nourishing mat-based moves



FOR THOSE WHO WANT TO...

- Potentially ease chronic pain & discomfort in their bodies
- Move with more confidence & fluidity
- Not just follow along but ask questions, get specific about how they're moving & bring what they learn on the mat into their daily lives

WHERE & WHEN  
@ Yoga Etc. Rte 1 Yarmouth  
6-week series  
Tuesdays 2/24 - 3/31  
8:30 - 9:30 am  
\$130, includes 3 practice videos

WHAT PEOPLE SAY  
*Each time I immerse myself in a series I come out more confident of techniques and learn I can move my body more efficiently!*

[www.katymccann.com](http://www.katymccann.com) for info/sign-up  
or send a note. [kathleenmccann@usa.net](mailto:kathleenmccann@usa.net)