

Yoga, Etc.

April 5 - April 12

Public Classes

www.yogaetcfalmouth.com

Monday and Wednesday

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

Friday

Michael's Yoga for Strength and Alignment will meet this Friday! All levels are welcome. All walk-ins are welcome. \$10.00

Tuesday and Thursday

Michelle's 6:00-7:15 pm Tuesday Kundalini class and her 2nd Wednesday 5:30-6:30 SloMo series begins this week! Walk-ins are welcome (\$20.00)



Coming Saturday 4/18

A New Moon Event!

Come join Michelle and Elle for a rest and reset afternoon! More info on our website.



Saturday, April 18, 2026 at 3 PM – 4:30 PM

New Moon Reset and Chakra Balancing

Public · Event by Restoring Through Nature and
Reiki in the Woods