



August

www.yogaetcfalmouth.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Michael 9:30-10:30 Yoga for Strength and Alignment	2
3	Kelli 9:30-10:30 4 Slow Flow Yoga	Michael 9:30-10:30 5 Yoga for Strength and Alignment	Kelli 9:30-10:30 6 Slow Flow Yoga	Michelle 6:00-7:15 7 Lion's Gate Restorative with Reiki	Michael 9:30-10:30 8 Yoga for Strength and Alignment	9
10	Kelli 9:30-10:30 11 Slow Flow Yoga	Michael 9:30-10:30 12 Yoga for Strength and Alignment	Kelli 9:30-10:30 13 Slow Flow Yoga	Michelle 6:00-7:15. 14 Neck, Shoulders and Upper Back Yoga	Michael 9:30-10:30 15 Yoga for Strength and Alignment	16
17	Kelli 9:30-10:30 18 Slow Flow Yoga	Michael 9:30-10:30 17 Yoga for Strength and Alignment	Kelli 9:30-10:30 20 Slow Flow Yoga	Michelle 6:00-7:15 21 New Moon Yin/ Nidra	Michael 9:30-10:30 22 Yoga for Strength & Alignment	23
24	Kelli 9:30-10:30 25 Slow Flow Yoga	Michael 9:30-10:30 26 Yoga for Strength and Alignment	Kelli 9:30-10:30. 27 Slow Flow Yoga	No Michelle Class 28	Michael 9:30-10:30 Yoga for Strength and Alignment 29	30
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