

# Yoga, Etc.

374 U.S. Rt. 1, Yarmouth

**August 24-31**

**Public Classes offered**

**This week!**

## **This Monday and Wednesday**

Come join Kelli for her Slow Flow Yoga class from 9:30-10:30. All levels are welcome. All walk-ins are welcome. \$10.00

## **This Tuesday and Friday**

Michael's Yoga for Strength and Alignment meets this Tuesday and Friday at 9:30-10:30. (Come enjoy live guitar music for Savasana!) All levels are welcome. All walk-ins are welcome. \$10.00

## **This Thursday (8/28)**

Michelle's 6:00-7:15 class is a drop-in class! (\$10.00) This class will focus on stretch and strength. Savasana will include Reiki! Come join us this week. No registration necessary.



**(8/28)**

**Michelle's class this week is a drop-in!** All levels welcome. Reiki will be offered during Savasana. (\$10.00)

