

Yoga, Etc.

374 U.S. Rt. 1, Yarmouth

August 3-10

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 (8/7)

Michelle's 6:00-7:15 class is a Restorative class with Reiki during the Lionsgate portal which peaks around 8/8. The Lion's Gate is a time of heightened energy and spiritual awakening, offering an opportunity for self-reflection and intention setting. All are welcome!

Restorative with Reiki (8/7)

Limited to 8 students. Cost is \$25. Register at:
<https://reikiinthewoods.as.me/lionsgaterestorative>





