

February

See our website:

www.yogaetcfalmouth.com for more information about classes!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Katy 9:30-10:45 1 Strengthen and Soothe.	Kelli 9:30-10:30 2 Slow Flow Yoga	Michelle 6:00-7:00. 3 Beginner's Kundalini Yoga (Register or drop-ins welcome if space allows)	Kelli 9:30-10:30. 4 Slow flow Yoga Kelli 12:00-1:00 Gentle Yoga	Michelle 6:00-7:00. 5 Yin/Restorative Yoga (Register or drop-ins welcome if space allows)	Michael 9:30-10:30. 6 Yoga for Strength and Alignment	7 Holistic Health Fair 12:00-3:00 All are welcome Free!
Katy 9:30-10:45 Strengthen and Soothe (Final Class of this series)	Kelli 9:30-10:30 9 Slow Flow Yoga	Michelle 6:00-7:00. 10 Beginner's Kundalini Yoga	Kelli 9:30-10:30 11 Slow Flow Yoga Kelli 12:00-1:00 Gentle Yoga	Michelle 6:00-7:00. 12 Yin/Restorative Yoga	Michael 9:30-10:30 13 Yoga for Strength and Alignment	14
15	Kelli 9:30-10:30 16 Slow Flow Yoga	Michelle 6:00-7:00. 17 NO CLASS	Kelli 9:30-10:30 18 Slow Flow Yoga Kelli 12:00-1:00 Gentle Yoga	Michelle 6:00-7:00 19 Yin/Restorative Yoga	Michael 9:30-10:30 20 Yoga for Strength and Alignment	21
22	Kelli 9:30-10:30 23 Slow Flow Yoga	Katy 9:00-10:00 Strengthen & Soothe Michelle 6:00-7:00. 24 Beginner's Kundalini Yoga	Kelli 9:30-10:30 25 Slow Flow Yoga Kelli 12:00-1:00 Gentle Yoga	Michelle 6:00-7:00 26 Yin/Restorative Yoga	Michael 9:30-10:30 27 Yoga for Strength and Alignment Michelle 6:00-7:30 Sound Healing/Restorative	28