

Yoga, Etc.

374 U.S. Rt. 1, Yarmouth

November 30-December 7

www.yogaetcfalmouth.com

Public Classes and upcoming events! More details are on our website!

Mondays & Wednesdays

Come join Kelli for her Slow Flow Yoga classes from 9:30-10:30. All levels are welcome. All walk-ins are welcome. \$10.00. No registration needed.

Tuesdays and Fridays

Michael's Yoga for Strength and Alignment meets from 9:30-10:30. All levels are welcome. All walk-ins are welcome. \$10.00 No registration needed.

Thursdays

Michelle's "Mashup" series continues this week. Check out our website for information.



Sunday, December 14!!

Kate is offering her second Strengthen and Soothe workshop, 12/14, Sunday Morning (9:30-10:45)

Carly is offering her Community Acupuncture with Sound Bowl healing Sunday, 12/14, 5:30-7:00 pm. See above!