

Yoga, Etc.

October's Public Class Offerings

www.yogaetcfalmouth.com

Mondays and Wednesdays

Kelli's Slow Flow Yoga class meets 9:30-10:30 Mondays and Wednesdays this month. All levels are welcome. All walk-ins are welcome. \$10.00

Wednesdays

Michelle's Wednesday, 5:30-6:30 class returns starting 9/30 and goes into October! Her first series is *Yoga and Women's Health*. It's an 8-week series! See more details on our web site.

Fridays

Michael's Yoga for Strength and Alignment meets on Fridays! All levels are welcome. All walk-ins are welcome. \$10.00



2 Classes - October 25!

Daija's Beginner Hip Hop Class is at 11:15-12:30!

Then, come join us for a relaxing Sunday afternoon of stretches and guitar music! Let us know if you can make it so we can reserve you a space! \$30.00

