

Yoga, Etc.

374 U.S. Rt. 1, Yarmouth

October 12-October 19

www.yogaetcfalmouth.com

Public Classes this week! More details are on our website!

Monday (Holiday!) & Wednesday

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

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

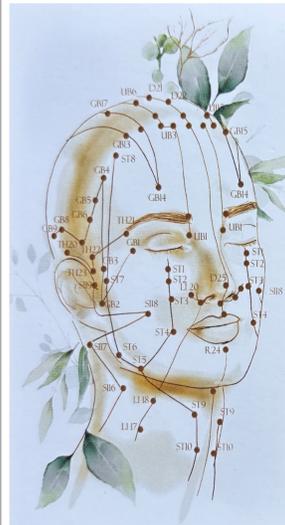
Thursday

Michelle, 6:00-7:15, continues her Yin-Yang Flow 5 Week Series!



October 15, 4:00-6:00 pm

Carly holds her third Community Acupuncture, \$50.00. Drop ins are welcome. Just walk in or register online at Yarmouthacupuncture.com to save a time and space!



Community Acupuncture

Relaxing acupuncture in a peaceful, small group setting.

Acupuncture helps:

- Relieve pain & headaches
- Calm the nervous system
- Balance mind and body

 YARMOUTH ACUPUNCTURE