

# Yoga, Etc.

374 U.S. Rt. 1, Yarmouth

October 12-October 19

[www.yogaetcfalmouth.com](http://www.yogaetcfalmouth.com)

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

## Monday (Holiday!) & Wednesday

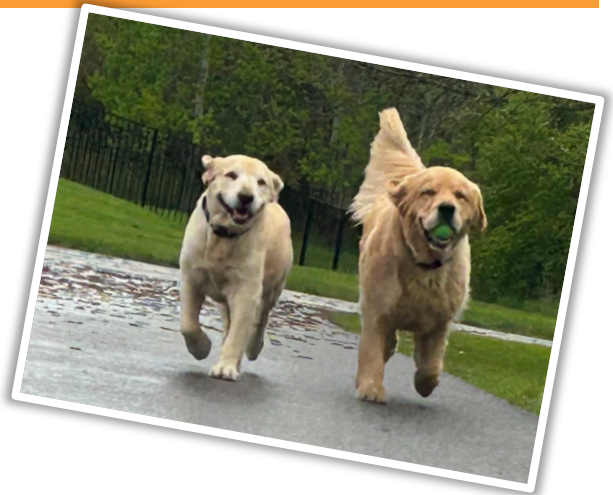
Come join Kelli for her Slow Flow Yoga classes from 9:30-10:30. All levels are welcome. All walk-ins are welcome. \$10.00

## 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](http://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