

# Yoga, Etc.

374 U.S. Rt. 1, Yarmouth

**September 14-21**

**Public Classes offered**

**This week!**

## This Monday and Wednesday

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

## This 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

## This Thursday -no class

Michelle's 6:00-7:15 No class this week with Michelle, but her Yin-Yang Flow 5 Week Series will begin September 25. See our website for an in-depth description. Register at:

<https://reikiinthewoods.as.me/yinyang> \$85.00



## Wednesday, September 17 2:00-5:00 pm

*Come meet Carly of Yarmouth Acupuncture for Community Acupuncture! \$50.00. Register at [yarmouthacupuncture.com](http://yarmouthacupuncture.com); or, Carly accepts cash and checks and walk-ins! Want to talk to her? (207) 370-0059*

Find your peace.

**Community Acupuncture**  
Wednesdays 9/17 & 10/1  
2pm to 5pm \$50

Located at Yoga Etc. Studio  
374 Route 1 Yarmouth

Acupuncture relieves pain,  
calms the nervous system,  
and balances mind and body.

Space is limited, reserve  
your spot today.

[yarmouthacupuncture.com](http://yarmouthacupuncture.com)

 YARMOUTH  
ACUPUNCTURE

A detailed diagram of a human head and neck, showing various acupuncture points labeled with codes like GB1, GB2, GB3, etc. The diagram is overlaid with a network of lines representing meridians. The background of the diagram is a light green with some leaf-like patterns.



