

Yoga, Etc.

374 U.S. Rt. 1, Yarmouth

February 1- February 8

www.yogaetcfalmouth.com

Public Classes this week! More details are on our website

Monday and Wednesday

Come join Kelli for her Slow Flow Yoga classes from 9:30-10:30. Kelli is also offering a new, Gentle Yoga, starting this Wednesday at noon. All levels are welcome. All walk-ins are welcome. \$10.00. No registration needed.

Friday

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

Tuesday and Thursday

Michelle's Kundalini for Beginners and Yin/Restorative classes continue this week. (Walk-ins are welcome (\$20) if space permits in each of these classes.) For more information, check them out on our website.

First Annual Health Fair this upcoming **Saturday**, 12-3. It's free. Drop in anytime. Meet healthcare and wellness providers who are committed to authentic care. Raffles, free consultations, presentations!

