

# YOGA

With Danielle Montville

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Putnam Dance Center

554 Liberty Highway Putnam, CT 06260

Sundays

7pm – 8:15pm

Restorative Yoga & Meditation:

Connect the mind, body and spirit through yoga postures followed by a guided meditation/relaxation.

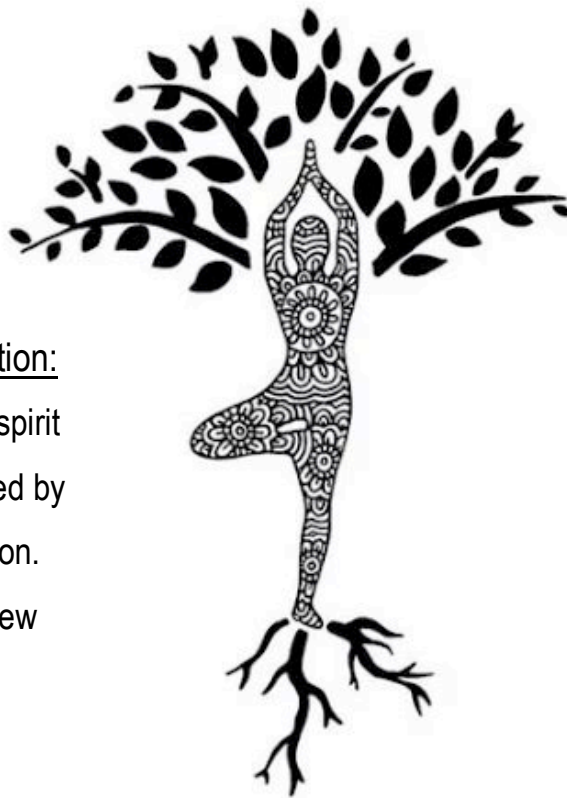
The perfect way to start a new week!

Tuesdays

7:15pm – 8:30pm

Hatha Yoga Flow:

Revitalize and rejuvenate with a steady yoga flow centered on connecting breath with movement.



\$10 drop-in

\$90 for a ten class card

Both classes are suitable for all levels and for ages 15+

For more information and to register for classes, call us at **860.963.7073**

