

# YOGA

## With Danielle Montville

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

\$10 drop-in  
\$90 for a ten class card

### Sunday

5:30pm – 6:30pm

#### Vinaysa Flow:

Aiming to create balance in the body and mind, Vinaysa Flow involves a steady flow of movement from posture to posture in a sequential motion.

### 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

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### Mondays

9am - 10a

#### Hatha Yoga Flow:

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

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

Putnam Dance Center

554 Liberty Highway Putnam, CT 06260