

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 – 8pm

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

7pm – 8pm

&

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