**YOGA**

**Slow Flow Vinyasa**

**with Sue Drangenis – 200 hr RYT certified**

**East Granby Farms Recreation Center**

**Mondays 6:30 – 7:30**

**$8.00/Drop-in**

**Registration not required**

**May 13th, 20th**

**June 3rd, 10th, 17th**

**July 1st, 8th, 22nd**

**While connecting breath to movement, we will start with a warm-up then flow through a series of yoga poses (asanas) building heat slowly and gently then ending in a relaxing Savasana. Modifications will be given for all levels. Blocks, straps and knee pads will be available to assist your practice. Bring your own yoga mat.**

**This class is great for those newer to yoga or those wanting to slow it down in a basic flow class.**

**Please email me at** [**MrsSuziQ@cox.net**](mailto:MrsSuziQ@cox.net) **if you have any questions.**