

YOGA

with Sue Neufeld

Level 2 certified teacher of Rod Stryker's Para Yoga®, E-RYT

Awaken
the spark of Agni (fire),
self knowledge, healing
and Sri (resplendence)
in heart and soul.

Classes

Your Community Yoga Center

39 Putnam Ave., Hamden

Mondays
5:30-6:50pm

Thursdays
5:40-7pm

\$96 (8 week series),
drop-in \$17

Balanced

1079 Whalley Ave., New Haven

Mondays
9:30-11:00am

\$120 (8 week series),
drop-in \$17



Yoga for You LLC



**Also: Meditation, Reiki, Restorative and
The Four Desires workshops**

**Contact Sue with questions: sue@sueneufeldyoga.com
(203) 874-8229 ... www.sueneufeldyoga.com**