

Diversified Physical Therapy, LLC
1260 East Main Street, Meriden
203-630-3939

ON GOING Classes
~REGISTER TODAY~

Core Stability with Michelle Thibeault, PT

Monday 6:15 pm ~ \$15 Drop In. Class Cards~5 for \$50 or 11 for \$100.

Improve balance, posture and endurance with the use of exercise balls, foam rollers, theraband, weights and floor work in this one hour exercise class. The focus is to increase strength and stability of the abdominal and spinal muscles. You can go your own pace and increase the difficulty, as you are able. Taught by a Physical Therapist! 203-630-3939.

Inner Garden Yoga with Karen, Certified Yoga Instructor.

Wednesday 7:00 pm ~ \$70-7 week series~\$15 Drop In~\$10 for Seniors

The beginner AND experienced can benefit! Iyengar based style that emphasizes proper alignment of the spine and pelvis. Each class in the series is a different theme. Payment to instructor upon arrival is expected. Call 203-237-6661 for more information.

Belly Dancing with Maroznia

Technique Class-Tuesday 7:00 pm

Tribal de Luna Troupe-Thursday 7:00 pm

Learn posture, rhythms and basic Middle Eastern movements. Learn to reconnect with your body, build confidence and camaraderie amongst your sisters in dance. All ages, sizes and backgrounds are welcome to the classes. Call Maroznia for details 203-639-8266.

DPT EVENTS/PROGRAMS

Crystal Bowl Meditation with Michelle Thibeault, PT.

The 1st Friday of each month at 5:30pm.

~\$20 PRE-Registration ~\$25 DROP IN ~\$15 each when you Bring a Friend.

By using tuned, deep vibration instruments like crystal bowls this balance of the cells and body tissue can be restored. A sense of well-being, an increase of energy and pain relief are often the result of a session.

Therapeutic Massage

with Rick Sutterlin from Massage Fit Sport. \$45 for a 30 minute session or \$75 for a 60 minute session. Call Rick to make your appointment **203-631-7970.**

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