



Partners Yoga

Saturday, February 4th

6:30 – 8:30pm

Class fee \$40/couple

Join Brian and Kate in exploring this unique practice. Partners Yoga can be practiced with friends, family or your Sweet Valentine. You will have the opportunity to focus on trust, connection and sensitivity as you support one another. We will also sit down and do some partner goal setting for the year. This is a way to support and honor your partners goals and have yours supported too:)

Wine and Chocolate following yoga!

Pre-Register at (248) 601-9642
redlotusyoga.com Rochester Location

