

Partner Yin Yoga Workshop

Share The Love
With Your
valentine!



Friday, February 16

7:30PM-9:00PM

\$35 per couple (\$40 at door)

Includes Chocolate & Tea After Class

Doing Yoga *with* someone allows you to get into a pose more deeply, with more support. The Yin and Yang from two people is about the connection of energies and opening your senses to a shared feeling of *aliveness*.

Stephanie and Maria will guide the partners in a combination of Yin Yoga postures and breathing designed especially for partnering. Lighthearted, playful and fun, in partner yoga you will work together to improve communication, build trust, and support each other to deepen your practice as well as your relationship.

Share the love this Valentine's Day and feel more alive than ever! Bring a spouse, family member, friend or Yoga pal. No prior partner Yoga experience necessary. Join us for chocolate and tea after class!

Pre-register: www.updogyoga.com/workshops



www.updogyoga.com 210 W. University Dr., Rochester, MI 48307 | 248.608.6668
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