

Savasana

Exploring our Death to Liberate our Lives

with Elysabeth Williamson

Cuatro Vientos Yoga Studio

Todos Santos, MX



What: Savasana Workshop

When: Friday, December 18

Time: 3:30 - 5:30PM

Where: Cuatro Vientos Yoga Studio

Fee: \$20US / 400MX pesos

Reservations: partners@partneryoga.net

Learn more: www.PartnerYoga.net/blog

The power of Savasana lies in its ability to teach us how to rest and surrender on the deepest levels. This workshop is a rare and unique opportunity to explore your relationship with death and dying in a safe and sacred setting.

Opening to this realm, especially in this time of great uncertainty, liberates us to live our lives with greater freedom and clarity. No experience with Yoga needed, only a sincere willingness to explore the great mysteries of life.

Elysabeth Williamson, E-RYT500, is the founder of Principle-Based Partner Yoga™ and author 'The Pleasures and Principles of Partner Yoga'. She travels internationally offering classes and trainings in Partner Yoga and heart-centered living. For further info:
www.PartnerYoga.net