

# Principle-Based Partner Yoga™

## Immersion/Training/Level I

Private Retreat Center/ May 11 - 13  
Hot Springs, AR



Open pathways of greater trust, connection and freedom in all areas of your life through this 3 day immersion.

Designed for both teachers and practitioners.  
No experience or partner required.

21hrs practicum/ 4 follow-up hrs, includes  
Training Manual / Follow-up support.  
Required reading: 'The Pleasures and  
Principles of Partner Yoga'

Facilitator: Elysabeth Williamson, E-RYT 500  
Lodging/Info: [Lhgetaway@yahoo.com](mailto:Lhgetaway@yahoo.com)  
Investment: \$395 until April 15/ \$495 after  
\$350 for returning participants,

Info: [www.PartnerYoga.net](http://www.PartnerYoga.net)

**Daily Schedule:** Friday - Sunday  
9AM - 1PM and 3 - 6PM

**Register:** [Online](#)

*"This training was a portal for me and I feel like a different person since participating. Having consecutive days of conscious touch changed my nervous system in a powerful way" - Graduate, CO*

*Elysabeth has masterful intuition regarding the gifts and needs of each student. I was entranced with how she individually tailored cueing and postures for each of us, creating an environment of trust, and desire to expand beyond our perceived limitations.*

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*-Graduate. NY*

*Elysabeth Williamson, E-RYT 500 has been a Yoga instructor for over 30yrs. She is the founder of Principle-Based Partner Yoga™ and has trained teachers around the world in this visionary art .*