



## partner yoga for couples with Elysabeth Williamson

Bring your partner to this fun-filled, spiritually uplifting, and invigorating workshop. In this workshop you will:

- enjoy a healthy, playful, and life-affirming practice while exploring a new approach to the healing possibilities of yoga
- deepen your compassion, trust, sensitivity, and love for each other
- learn how to adapt postures to accommodate various body types, flexibility levels, and yoga experience
- explore closeness and connection through partner meditations and active listening techniques

Come learn that giving and receiving are really one and the same in this one-of-a-kind workshop, suitable for all levels.

**When:** Sunday, August 26, 7:00 - 9:00pm

**Fee:** \$50 per couple, members receive 10% off



Elysabeth, E-RYT 500, is the founder of Principle-Based Partner Yoga™ and the author of 'The Pleasures and Principles of Partner Yoga'. She has studied and taught a synthesis of healing modalities for the last thirty years and is

recently inspired by the possibilities revealed through transformational conversation. Visit [partneryoga.net](http://partneryoga.net) to learn more.

# pradipika YOGA

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