

## **Using Touch to Awaken and Heal / Saturday, Oct 20 / 1:30 - 3:30pm**

Science now reveals how we exist in a sea of inter-connected energy. How can we use this understanding to expand ourselves and live more fearlessly?

Join us for an inspiring exploration of the power of touch. Includes:

- How to use touch to awaken the innate intelligence and alignment of the body
- How partner and individual practice support and enliven each other
- Going deeper in your posture and your understanding of Yoga
- Deepening your capacity for greater depth and intimacy with yourself and others

## **Restoration Through Connection / Saturday, Oct 20 / 4 - 6pm**

Experiencing safe and sacred connection with others is a foundation of Partner Yoga. When we feel grounded and deeply connected, we easily and naturally let go of stress and reconnect with our innate well-being.

Join us for this healing journey. Practice includes:

- Exploring the Kundalini activating power of the Sacrum
- A take-home restorative Partner flow
- Back-to-Back Partner Pranayama and Meditation
- Experiencing Savasana like never before

## **The Joy of Flying / Sunday, Oct 21 / 10 - 12:30pm**

Aerial postures are powerful tools for overcoming both physical and emotional limitations. As we feel the exhilaration in learning to 'fly', we also come to trust ourselves and each other more deeply.

Experience accessible approaches to a variety of Partner Inversions in ways that inspire great joy, laughter and sometimes tears. Practice includes:

- Clear, concise instruction for base and flier roles to develop confidence
- A safe, step-by-step approach to experience 'flying postures'
- Complete decompression of the spine and nervous system rejuvenation
- A recognition and honoring of the role of the emotional body in Yoga