

Sundance Yoga warmly welcomes

Elysabeth Williamson

for a fun-filled, spiritual uplifting weekend of connection!

Using Touch to Awaken and Heal
Saturday, Oct 20 / 1:30 - 3:30pm
\$30 until Oct 15 / \$35

Restoration Through Connection
Saturday, Oct 20 / 4 - 6pm
\$30 until Oct 15 / \$35

The Joy of Flying
Sunday, Oct 21 / 10am - 12:30pm
\$35 until Oct 15 / \$40

All Three: \$85 until Oct 15 / \$110

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

-J. Long, NY



Elysabeth Williamson, 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 www.partneryoga.net