



**ELYSABETH WILLIAMSON, E-RYT 500**, internationally recognized as the foremost authority on partner yoga, is author of *The Pleasures and Principles of Partner Yoga*.



**GINA LEE, E-RYT 500**, owner of Bearfoot Yoga and Wellness Center in Bay Shore, New York, began studying Principle-Based Partner Yoga™ with Elysabeth Williamson in 2012.

**FEBRUARY 8–10 | FRIDAY–SUNDAY**

# ELYSABETH WILLIAMSON and GINA LEE

## PARTNER YOGA FOR COUPLES

**FOR** for all couples and all levels of yoga experience.

Bring your partner to this fun-filled, spiritually uplifting, and invigorating weekend. As you learn how to breathe and flow together on the mat, you find greater ease and balance in your relationship off the mat.

In this program, you

- Deepen your compassion, trust, sensitivity, and love for each other
- Enjoy a healthy, playful, and life-affirming practice
- Learn how to adapt the postures to accommodate various body types, flexibility levels, and yoga experience
- Deepen your closeness and connection through partner meditations and active listening techniques
- Experience assisted postures, mirrored postures, and Thai Yoga Massage
- Revitalize your relationship as you celebrate and honor the soul attributes of your partner.

Register Today

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