

Principle-Based Partner Yoga™

Immersion/Training/Level I

March 21 - 24

Hot Springs, AR



Open pathways of greater trust, connection and freedom in all areas of your life through this 4 day immersion in Partner Yoga.

Designed for both teachers and practitioners.

*No experience or partner required / **FAQ's***

Facilitator: Founder, Elysabeth Williamson

Investment: \$395 until March 1/ \$495 after \$295 for returning participants.

Location: YMCA YURT / Hot Springs, AR

Includes: 21hrs practicum/ 4 follow-up hrs Training Manual / CEU's Yoga Alliance

Info: www.PartnerYoga.net

Purchase 'The Pleasures and Principles of Partner Yoga' PDF/ Hardbound Edition

Space limited / Register early!

Schedule:

Thursday: 11AM - 5PM

Friday: Noon - 6PM

Saturday: Noon - 5PM

Sunday: 1PM - 5PM

Online Application

"This training was a portal for me and I feel like a different person since participating. Having four consecutive days of conscious contact 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 a desire to expand beyond our perceived limitations. -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 .