



ELYSABETH  
WILLIAMSON

# 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](http://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 .*