



# Savasana:

Exploring our Death to Liberate our Lives

with *Elysabeth Williamson*



The power of Savasana lies in its ability to teach us how to rest and surrender on the deepest levels. This workshop is a rare and unique opportunity to explore your relationship with death and dying in a safe and sacred setting.

Included in this experience is a open discussion on death, Partner Yoga practices and an exploration of our present moment relationship with death and dying - as it relates to ourselves and our loved ones.

As we open to this realm, we are liberated to live our lives with greater freedom and joy.

Elysabeth Williamson has been a Yoga teacher for over 30 yrs. The Dying practice comes from her book, 'The Pleasures and Principles of Partner Yoga' and can be explored in advance of the workshop.

Elysabeth has facilitated Death and Dying Retreats and recently began work with the SB Hospice Community.

[www.PartnerYoga.net](http://www.PartnerYoga.net)



Cancellation Policy: Full Refund with 48 hours notice, Full refund as class credit if cancellation is made less than 48 hours before start of workshop

Saturday, March 5, 6:00-9:00pm

Cost: \$45

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[www.santabarbarayogacenter.com](http://www.santabarbarayogacenter.com)