

Savasana:

Surrendering *into* Life *and* Death

with Elysabeth Williamson

Sunday, April 24 @
Grounded By Yoga

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 will be a discussion on death in the modern world, Partner Yoga practices and an in-depth exploration of our individual relationship with death and dying.

Opening to this realm liberates us to live our lives with greater freedom and joy. The practice comes from "The Pleasures and Principles of Partner Yoga" and can be explored in advance of the workshop.



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What: Exploring Savasana Workshop
When: Sunday, April 24
Time: 6:30 - 9PM
Where: Grounded by Yoga, Rochester, NY
Cost: \$45
Reservations: www.GroundedbyYoga.com
Info: www.PartnerYoga.net

Elysabeth Williamson, E-RYT500, is the founder of Principle-Based Partner Yoga™ and author 'The Pleasures and Principles of Partner Yoga'. She travels internationally offering workshops and trainings in the art of Partner Yoga.

Elysabeth is offering this special add-on event in conjunction with her 25hr Partner Yoga Training.