



Join founder Elysabeth Williamson for this in-depth virtual training - a training that dissolves separation between your practice and your life.

Partner Yoga practice reveals that it is through our relationships - both with ourselves and each other - that we discover the joy and depth of our humanity.

Two for the price of one! Invite a friend or your partner to join you in this amazing journey of self-discovery, expansion and love.

Practice in the comfort of your own home, on your schedule, over a three month period to integrate a depth of experience and understanding.

Virtual Training includes:

- Two 3hr live instruction sessions per month / Six total / Recorded
- One Private Virtual or in-person Mentoring session with Elysabeth
- Private FB group forum including questions, ideas and inspirations
- In-depth weekly inquiry for bringing Partner Yoga principles alive in your life
- Design a home practice including breath work, meditation and practice flow
- Support to design and facilitate group Partner Yoga workshops and/or private sessions

Materials included:

- 'The Pleasures and Principles of Partner Yoga' 258 pages includes over 60 practices in full color. PDF format
- Expanded Level I Training Manual / 80 pages with exclusive materials designed for virtual training purposes
- Partner Yoga Instructional Videos Series: Nine Partner Yoga principle-based sessions that include both foundational and expanded practices

Date: Oct 1 through Dec 31

Investment: \$1990 (includes two participants) through Sept 15 / \$2200 after

Digital Platform: Zoom

Register now to receive materials and immediately begin your practice