



PARTNER YOGA FOR COUPLES

Friday, April 7 | 6 - 8 pm | La Cumbre Studio

With Elysabeth Williamson

Join us for a magical date night celebrating love and soulful connection with your partner!

Partner Yoga is an ideal introduction for yoga-shy participants as it offers healing touch and an expansive experience for body, mind and Spirit.

Suitable for all couples and all levels of yoga experience.

ELYSABETH WILLIAMSON E-RYT500 has been a Yoga teacher for over 30 years and is considered the foremost teacher of Partner Yoga worldwide. She is the founder of Principle-Based Partner Yoga and the author of "The Pleasures and Principles of Partner Yoga," an award-winning book. She has trained teachers internationally in this healing art and is continuously inspired by the power of authentic connection. Visit www.PartnerYoga.net to learn more.



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