

Learning to Let Go

-A Virtual Experience

A four week series on Zoom

-with Elysabeth Williamson

Mondays 4 - 5:30pm Pacific

April 17 & 24 / May 1 & 8

Registration: PartnerYoga.net

Fee: \$79

Payment through Venmo @elysabeth-williamson
or PayPal elysabethwilliamson@gmail.com



Why Let Go?

When we let go- of the past, of painful stories and emotions, we create space in our being for our innate wisdom, clarity and compassion to come forth.

We become more fully human, through recognizing our spiritual essence and living from this recognition.

Come away with:

- tools for letting go of physical and emotional pain
- a felt sense of your spiritual essence
- access to life-giving emotions of courage, compassion, peace and joy

Elysabeth Williamson has been a teacher of Yoga and transformation for over 35yrs. She is the author of 'The Pleasures and Principles of Partner Yoga' and is currently writing her second book entitled 'Becoming Fully Human: How Learning to Feel Saved my Life.'