



PRINCIPLE-BASED PARTNER YOGA

ELYSABETH WILLIAMSON

Elysabeth Williamson has been an innovator in the world of Yoga for over thirty-five years. She is the author of 'The Pleasures and Principles of Partner Yoga' an award winning book, and is internationally recognized as the foremost presenter of Partner Yoga practices.

As founder of Principle-Based Partner Yoga™, a visionary and transformative body of work, Elysabeth has trained teachers around the world. She presents international workshops and retreats, and is known for facilitating a quality of space that leads to life-changing experience.

In this time of accelerated change, Elysabeth sees the ancient science of Yoga, combined with practical education in emotional and relational skills, as important pathways for resolving the personal and collective challenges we face.

Elysabeth has had a lifelong intuitive understanding of Yoga and enjoys sharing its benefits in ways that are practical and applicable to our everyday lives. She is trained in a wide variety of healing modalities and certified as a Phoenix Rising Yoga Therapist. Included in her offerings is Individual and Partner Yoga instruction, Yoga-based mind/bodywork and one-to-one intuitive Coaching sessions.

Elysabeth is currently working on her second book entitled 'Becoming Fully Human: How Learning to Feel Saved My Life'. She is expanding her offerings to include emotional and relational well-being, self-compassion and forgiveness and learning to shift our focus from the personal toward our deeper nature of wisdom and compassion.

Elysabeth is accredited through Yoga Alliance as an E-RYT 500, experienced, registered, Yoga teacher. Visit: www.PartnerYoga.net, www.ElysabethWilliamson.com to learn more.

