

Valentine Partner Yoga Workshop



Share The
Love
with Your
valentine Or
Yoga Pal!

Saturday, February 7
3:30PM-5:00PM
\$60 per couple (\$65 door)

Doing Yoga *with* someone allows you to get into a pose more deeply, with more support. The Yin and Yang from two people is about the connection of energies and opening your senses to a shared feeling of *aliveness*.

E-RYT500 instructor Karolyn guides partners in a combination of Yoga postures and breathing designed especially for partnering. Lighthearted, playful and fun, in partner Yoga you will work together to improve communication, build trust, and support each other to deepen your practice as well as your relationship.

Share the love this Valentine's Day and feel more alive than ever! Bring a spouse, family member, friend or Yoga pal. No prior partner Yoga experience necessary.



Pre-register as space is limited:

<https://www.updogyoga.com/workshops/rochester-workshops>