

# Valentine Partner Yoga Workshop



Share The Love  
With Your  
Valentine!

**Friday, February 11**  
**7:30PM-9:00PM**  
**\$45 per couple (\$55 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*.

Partners will be guided 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>



[www.updogyoga.com](http://www.updogyoga.com) 210 W. University Dr., Rochester, MI 48307 | 248.608.6668  
Named 2017 "Best Yoga Studio In Metro-Detroit" by WDIV [ClickonDetroit.com](http://ClickonDetroit.com)