

# Partner Yoga



**Saturday, February 11, 2012**

**4:30 to 6pm**

**\$20.00 per couple (please pre-register)**

**Barb's passion is Yoga and her relationship with it continually evolves through a combination of retreats, workshops and personal study**

**Her traditional vinyasa yoga classes blend the posture sequences with a spiritual awareness to promote physical health and emotional wellbeing.**

**This will be a great yoga experience! Postures/asanas help improve balance, strength, and flexibility as well as increase the level of trust and communication between you and your yoga partner.**

**Partner Yoga can be practiced with a significant other, friend or yoga buddy. Perfect for anyone - novice or seasoned yoga practitioner - who is interested in increasing fitness, releasing tension, strengthening relationships, and having fun.**



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