



Partner Yoga Class Valentine's Day Sunday, Feb. 14th 3:30-5:30 PM

Bring a friend, loved one, valentine, or come unpaired but curious about partner yoga.

All experience levels are welcome, and pairs may or may not be the same experience level, height, weight, or gender.

Partner yoga is a dynamic exchange between two people interested in exploring touch, balance, weight, space, communication, cooperation, and physicality in a supportive, open, playful, and loving way.

In this workshop we will learn ways a partner can help you open and deepen basic, familiar yoga postures, and we will also take a look at some more complex poses that you may have never thought you'd even attempt-- but may be surprised to learn are well within your capabilities when you cooperate with a trusted partner.

Partner yoga can

- **Add a new dimension to your personal yoga practice.**
- **Encourage communication and cooperation between partners.**
- **Provide immediate, direct feedback and insight.**
- **Facilitate the practice of challenging postures that become more accessible with support.**
- **Illuminate how to tend to oneself even while tending to another...**

Workshop open to all

Cost: \$20 (\$15 for students)

Instructor: Chelsea Doohan, RYT

Pre-Registration strongly encouraged, as space is limited

Contact Solaluna to register or with any questions

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