

Valentine's Day Partner Yoga Workshop

with Annik Mendez and Costa Koutrokois

Sunday February 12, 2012
Time: 2 - 4 pm / \$40 per couple

This special workshop is not only for romantic partners but also for friends who care deeply about one another.

Valentine's Day is right around the corner! Are you looking for a unique way to celebrate Valentine's Day this year? Well, break out of your routine and, while everyone else is going out for dinner and a movie, be creative and share in something that will last longer than just one day a year!

Come and join us in creating some memorable moments by trying something fun for yourself and your partner and explore a wonderful sense of play and union through partner yoga.

The objectives of the workshop are to:

- Nurture and deepen your relationship by moving playfully and safely through partner asana;
- Connect you energetically through the breath;
- Develop and cultivate trust and support by relying on your partner as we build strength and flexibility while working as a team;
- Remind you about what closeness really is: co-creation, letting go, being present in the moment for one another, creating space to play and feel connected to each other and the world around you; So, come prepared to explore, connect and have lots of fun!

