



8 Limbs, 2 Hearts

Partner Yoga Workshop

Saturday, March 13th 2:00 - 4:00pm

Bring a spouse, partner or friend, as well as a sense of playfulness, and come experience partner yoga with Sebastian and Kaelyn.

Working with a partner can bring a whole new depth and awareness to your practice. Serving as a mirror, your partner will help you with alignment, balance and concentration while both of you deepen your connection through trust and plenty of laughter.

This workshop will focus on a more gentle and introductory approach to the partner practice. This will include: a brief discussion on partner yoga and its benefits, meditation, seated postures, basic standing postures, gentle restorative postures and a lengthy relaxation.

This session is open to all levels. The only requirements are a sense of adventure and humour!

\$50 per couple

To register, please contact iam yoga:
416.920.9642 (YOGA) or visit www.iamyoga.ca



For more information about partner yoga and acro yoga workshops, please go to www.8limbs2heartsyoga.com