



Partner Yoga Workshop

with Laurel Moulton, RYT

Date: Saturday Dec 20

Time: 12-2:30 PM

Cost: \$35/couple \$20/person

Place: Spirit Room

Partner Yoga is a partnership based on trust and communication, expressed through breath, movement and yoga postures. Partner Yoga can be practiced by any two people: friends; co-workers; parents and children; siblings and couples. Its intention is to bring people together through movement, play, breath, and mutual support. We will practice a partner yoga flow, therapeutic flying, and Thai massage. No previous yoga experience necessary. Come with an open mind and a willingness to have fun!

Pre-registration is recommended.

For more information or to register call 512-775-5083 or email llmoulton@hotmail.com

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