



Peace Tree Yoga

IS EXCITED TO PRESENT

Partner Yoga Practice

No Yoga Experience Needed
\$30 Couple
CATHE Center, Burlington

Friday, February 1st, 2019
7pm-9pm

Come and enjoy the unique experience of connection, communication, and cooperation as you gently stretch through some basic yoga poses with a partner. Bring your spouse, partner, a family member, or a friend. We will be taking the challenge and work out of the practice to focus on the experience of healing touch adjustments and union.

Beverages, friendship, and revealing conversation to follow.



In this session, we will increase range of motion, restore health to our joints, and share the joy of movement as we find openness.

For More Information:

Please contact Donna Mosca, RYT

Tel: 262.758.0658 or

Email: yogadonna@me.com

Please Pre-register for this event by visiting: **PeaceTreeYoga.org** or by mailing a check to:

Peace Tree Yoga @ CATHE

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