

Date: Sat, February 14th
Time: 1-3:30pm
Cost: \$45 per couple

Source Yoga
2712 N. 21st St.
Suite A
Tacoma, WA 98406



PARTNER YOGA

Source Yoga presents:

Partner Yoga with Erin and Chris Joose Saturday, February 14th, 2009



Partner Yoga is about trust, intimacy, playfulness, and courage. Partner Yoga feels great! Using weight and counter balance, we will be able to stretch more deeply into familiar yoga poses while connecting with our partners in new ways. Join Erin and Chris Joose on an exploration of balance as we examine this delightful yoga experience. Each brings more than a dozen years of experience from yoga, dance, martial arts, and massage, and they will playfully guide you to explore your edges and connect deeply with each other. All Welcome.

Erin and Chris have been playing with Partner Yoga since they met 8 years ago. They are now exploring a new kind of partnership raising their son, Liam.

Register online or call the studio

253-756-8066
www.sourceyogaonline.com
info@sourceyogaonline.com

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sourceyoga

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