

Partner Yoga

Partner Yoga Basics with Angi Donovan and Bryan Michel,
Yoga Flight! Intermediate Partner Yoga with Erin and Chris Joosse

Saturday Feb 13th,

Partner Yoga Basics

with Angi and Bryan

1-3:30pm

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Sunday February 14th

Yoga Flight!

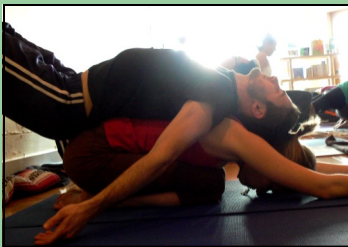
Intermediate Partner Yoga

with Erin and Chris

2:30-5pm

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Cost: \$45 per couple for one day,
\$80 per couple for both days
(members receive 10% off)



SOURCE YOGA

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Partner Yoga Basics—

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. Open to All Levels.

Angi Donovan and Bryan Michel are partners in love, business, and life. They are also both full-time yoga teachers and love playing together with the practice of movement, meditation, and breath. For the past year they have been experiencing the joy of Partner Yoga and are excited to share the fun.



Yoga Flight! Intermediate Partner Yoga—

Take your partner yoga play to the next level and learn how to soar! Erin and Chris will playfully guide you to explore your edges and connect deeply with each other. Comfort practicing at the Intermediate level recommended.

Erin and Chris Joosse have been playing with Partner Yoga since they met 9 years ago. They are now exploring a new kind of partnership raising their 3 year old son, Liam, and often play with yoga and rock climbing as a family.