

Date: March 24th  
Time: 12:30-3:00PM  
Cost: \$25 per person, \$40  
per couple (20% discount  
for monthly members)  
Please register by:  
March 17th—week of  
workshop, add \$5

Source Yoga  
2712 N. 21st St.  
Suite A



# PARTNER YOGA

Source Yoga presents:  
**Partner Yoga**  
with Erin and Chris Joose  
March 24th 12:30-3PM



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. Bring a friend or come alone (but open to working with new people). All Welcome.

**Erin and Chris** have been playing with Partner Yoga since they met 6 years ago. They are now exploring a new kind of partnership raising their son, Liam.

Register online or call the studio

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253-756-8066  
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sourceyoga

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