

LOVE ME OR LOVE ME NOT?

JOIN US SUNDAY FEBRUARY 17 TH AT 12:30
\$30 PER COUPLE



Looking for a new way to celebrate Valentine's Day? Come join us for a partner yoga workshop! Allow Kate to guide you and your partner through a new practice to both enhance your yoga practice and your connection. Partner Yoga is a wonderful way to reconnect and move deeper into many stretches. We will work through some partner stretches, basic flying, and of course, partner adjustment. Whether you are a yoga enthusiast who would like to share your love of yoga with your partner, or yoga newbies who are looking for a fun and meaningful way to celebrate Valentine's Day this workshop is for you!