Will you be my valentine?

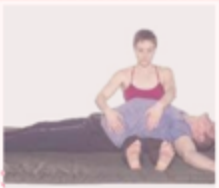
•PARTNER YOGA AND THAI YOGA MASSAGE•

•CONNECT
•TRUST
•STRETCH
•BREATHE
•LAUGH
•STRENGTHEN

COME PLAY! PARTNER YOGA AND THAI MASSAGE WILL HELP YOU TO RECONNECT WITH A LOVED ONE. YOU WILL LEARN TECHNIQUES TO STRETCH, STRENGTHEN AND NURTURE EACH OTHER. ALL POSTURES WILL BE ADJUSTED FOR EACH COUPLE TO ENSURE A SUCCESSFUL OUTCOME.
YOGA AND THAI MASSAGE ARE ANCIENT HEALING MODALITIES THAT DATE BACK THOUSANDS OF YEARS INCORPORATING SIMPLE STRETCHES AND ASSISTED YOGA POSES. IMAGINE YOUR SPINE LENGTHENING, YOUR HIPS OPENING,YOUR SHOULDERS RELEASING, ALL WITHOUT YOU DOING A THING.

THAI MASSAGE CAN FEEL LIKE A NURTURING, EFFORTLESS YOGA PRACTICE IN WHICH YOUR PARTNER MOVES YOUR BODY IN AND OUT OF POSTURES ALLOWING YOUR MUSCLES TO EASE INTO A GENTLE STRETCH.

THIS OFFERING IS INTENDED FOR ANY TWO PEOPLE INTERESTED IN SPENDING TIME TOGETHER TO BREATHE, MOVE, SHARE TOUCH AND LOVE.



$50 PER PERSON

$100 PER COUPLE

CALL TO PRE-REGISTER

PRACTICE COMFORTABLY CLOTHED, ON A SPECIAL ARRANGEMENT OF MATS ON THE FLOOR, WHILE THE INSTRUCTOR DEMONSTRATES EACH MOVE ON A MODEL, VERBALLY AND VISUALLY DIRECTING THE GROUP THROUGH A SATISFYING SEQUENCE OF MOVES, DEEPLY INTEGRATING BODY, MIND AND SOUL.

FEBRUARY 12TH 2-4PM

•9200 GLENWOOD SUITE 100 OVERLAND PARK KS 66212•

QUESTIONS? CALL COLLEEN
913-302-2439

HTTP://WWW.SEEKINGSOLACEYOGA.COM/