

The Yoga of Intimacy & Partner Yoga



The Yoga of Intimacy is a practice in awakening so as to consciously relate to your partner, as well as discover a more inspired version of your Self.

Partner Yoga: Merging with the Beloved

This guided exploration, focused on synchronized breathing, chakra-energy awareness, wordless communication, aromatherapy massage, yoga postures, and sensual foods, will give couples an opportunity to reach a deeper level of intimacy and connection that is safe and sacred.

“Through the practice of Partner Yoga, the duality of self/other begins to dissolve and we experience directly the essence of Yoga – union”. Elysabeth Williamson

Sunday October 17

6:30 – 8:30 pm

\$59/couple + HST ... limit 10 couples

Pre-Register by calling 705-662-1359 or visit www.yogasudbury.com