



Shenandoah Yoga

Partner Yoga Workshop

Friday, March 29, 2013, 7:00 to 9:00 pm



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Bring your other half, your best friend, or a family member for a unique evening of partner-assisted yoga. Or come alone and we'll match you up. The practice will be fun and filled with laughter!

Partner yoga welcomes students of all strengths, flexibilities, and fitness levels. You and your partner will:

- support each other in poses to cultivate skill and sensitivity in working with others.
- use each other's weight and support to develop strength and stability in yourself.
- use each other as "mirrors" to enhance your balance and improve your alignment.
- share energy, breathe and have fun together!

Cost

\$25/person (\$50/couple) if pre-registered by March 15.

\$30/person (\$60/couple) thereafter.

Class size is limited. Sign-up soon!

www.shenandoahyoga.com

540-746-8468

info@shenandoahyoga.com

Sue George, Registered Yoga Teacher (RYT), is the founder and director of Shenandoah Yoga. She began studying yoga in 2000. A dedicated practitioner of Vinyasa yoga, Sue has also practiced Ashtanga, Iyengar, Kripalu, Jivamukti, Kundalini, Anusara & Bikram yoga. She enjoys a playful yoga practice which constantly evolves to support mind, body, and spirit.



Matthew Wikswo, Licensed Professional Counselor (LPC), offers a full range of psychotherapy and counseling for individuals, partners, and families in his local private practice. Matthew has been practicing yoga since 2005 and approaches yoga and mindfulness with curiosity and a healthy dose of lighthearted irony.

Shenandoah Yoga is at 135 S. Main Street in downtown Harrisonburg.