

Springtime Partner Yoga

Friday, March 23, 2012

7:15 - 10 PM

Empower Me Yoga Studio
1712 Carling Avenue, Ottawa

Discover the joy of playful communication through the practice of partner yoga. This playshop includes yoga poses, meridian stretching and guided breathwork, in the spirit of aligning with the energy of SPRING!



Appreciate and connect with your partner.
Nurture, touch, stretch and support each other
while exploring the depths of your relationship.

\$60 Per Couple

(\$75 after march 10th)

**Registration closes March 16th

Facilitated by

Eileen Scully, RN, Certified Kripalu Yoga Teacher
Ed Religa, Certified Shiatsu Therapist and Acupuncturist

To Register:

Call 613-858-8177 or email: eileen@eileensyoga.com