



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Partner Yoga Workshop Wednesday, February 14th 6:30pm–7:45pm MB Studio

Let's open our hearts and ears to one another this Valentine's Day. Deepen your relationships and yoga practice simultaneously by listening fully to your partner in our annual Partner Yoga Workshop!



Yoga is traditionally practiced alone. However, there can be times when a partner is of huge benefit in terms of providing motivation, encouragement, and offering physical support. Working with a partner enables you to learn about your body, increase the level of trust and connection between you, and gain greater insight into the postures. We'll get hands on with Tai Massage to complete our practice. Not just for couples only. Open your heart to your child or best friend!

COST:FREE/MEMBERS; DAILY GUEST FEE/PUBLIC

RANDOLPH-ASHEBORO YMCA

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Community Partner