



STUDIOMIX

WORKSHOP

PARTNER YOGA

with Ronn Vigh

SUNDAY
February 14th
1-2:30pm
Core Studio

Grab a friend, significant other, or classmate and experience the benefits of partner yoga in this 90 minute, all level workshop. Develop trust and communication as you rely on each other to challenge your balance, flexibility, and endurance. We'll use traction, leverage, and awareness to gain a deeper understanding of postures. Support your partner, activate muscles you have never felt before, learn something new about your body that you can bring into your own personal practice, or simply breathe and become more present in each movement and moment. Stay for chocolate snacks, champagne toast, and movie ticket raffle!

\$50 PER COUPLE | \$40 FOR MEMBERS

RSVP at Studiomix.com under "Find a Class" then "Workshops"



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