

PARTNER YOGA

Yoga Workshop

With Randy White, CYT 200



Bring your spouse, your friend, or just bring yourself! This workshop will focus on creative and energizing Yoga partner work where you'll help each other explore Yoga poses at a new level. The workshop includes standing sequences, nurturing back-bends soothing forward bends along with some fun inversions. Balance, extend, bend n mend with a Yoga friend. Scheduling with friend or partner is optional there will be plenty of people to partner up with on the day.

\$25 Per Person Early Bird Investment \$30 after June 22nd

Sunday ~ 12:00pm - 2:00pm
June 25th, 2017

Randy has a 200 Hour Hatha Certification from SoderWorld Academy of the Healing Arts taught to him by an Anusar-Inspired teacher and lineage. In Randy's class, expect to practice from a heart-orientated place while focusing on breath-work, balance, strength, and flexibility with an emphasis on having fun, staying present and tuning in to one's own awareness. Randy understands that with continual regular practice, yoga has the power to change lives and is excited to share the journey. Randy is currently working on his 500 hour certification through Tejas Yoga in Chicago, IL.

Workshop held at Sacred Path Yoga Studio: 1146 W. Jefferson St., Shorewood IL 60404
(Located in the Hammel Creek Commons Shopping Center)

To register please log onto www.sacredpathyoga.com & click "Enrollments" tab. For more information, email info@sacredpathyoga.com.

Please Note: Workshops are Nonrefundable and Nontransferable