



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PARTNER YOGA

PORTAGE TOWNSHIP YMCA

The basic definition of yoga is yoke or union - the work of uniting your **mind**, **body**, and **spirit**. Partner yoga allows you to fall in sink with that person. Your breath, movement and body positions find rhythm together. Partner yoga builds trust, creates unity, and strengthens the overall relationship.

This is a one-time class for yoga students of any level. Basic beginner poses that any pair can do in a candlelit atmosphere with soothing music will have you relaxed in no time.

WHEN: Tuesday, February 12, 2019
WHERE: Portage Township YMCA, Studio A
TIME: 6:30pm - 7:30pm
FEES: Member \$20/pair Non-Member \$25/pair

Registration is limited to 10 pairs (20 people) and must be completed by Friday, February 8, 2019.

OUR MISSION is to put Christian principles into practice through programs that build a healthy **mind**, **body** and **spirit** for all.

Questions?

Contact Britney Mendoza, Group Exercise Coordinator: BMendoza@ymcaofportage.org