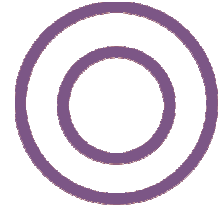


PARTNER YOGA—ALL LEVELS



COMMUNITY

Partner Yoga

David Lynch and Joan Hyman



February 20th, 2009

Friday, 7:30-9:30pm

Center for Yoga

310.664.6470 ext. 143

Price (per couple)

\$55 by 2/6

\$65 after

Join David and Joan for an evening of fun and laughter exploring partner assisted asanas and meditation. Partner yoga is not limited to romantic partners, nor partners of the opposite sex. This form of yoga welcomes all! It can be practiced with a friend, relative or significant other. Partner yoga also welcomes partners of different sizes, levels and flexibility, this serves as an opportunity in learning to work with different body types.

In Partner Yoga you will assist one another in going deeper into certain asanas, and guide each other using fundamental concepts of alignment. The practice will also involve supporting one another in poses to develop trust and cultivate sensitivity when working with others.

David Lynch

David teaches Vinyasa Flow classes at YogaWorks Westwood and a Hatha Blend class at the Center for yoga. His students are treated to the lilting tones of his New York accent as he teaches backed by eclectic music and insights of some of the world's finest poets and philosophers.

Joan Hyman

Joan Hyman teaches a strong vinyasa flow inspired by her mentors Annie Carpenter and Maty Ezraty (co-founder of Yogaworks). She has been extremely influenced by the ashtanga method and has traveled to Mysore, India to study with Sri K. Pattabhi Jois. She leads retreats and workshops around the globe along with many popular classes at Yogaworks.

www.joanhyman.com

