

PARTNER YOGA—ALL LEVELS



EXPLORE

Valentine's Partner Yoga

David Lynch and Joan Hyman



February 15th, 2008

Friday, 7:30-9:30pm

Center for Yoga

323.464.1276

Price (per couple)

\$55 by 2/1

\$65 after 2/1

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 teaches Vinyasa Flow classes at YogaWorks Westwood and the Center for Yoga. A dedicated Ashtanga practitioner, she teaches a vibrant flow class strongly influenced by her core teachers Annie Carpenter and YogaWorks co-founder Maty Ezraty.

