

Partner Yoga

February 17th at 11am

Kids Care is OPEN
(no excuses)

This one hour session is yoga with your partner – breathe together, be together and support each other. No acro yoga experience needed (at all). Although a sense of humor, a willingness to be open and maybe give a lift (an easy one) here and there is needed. This class is led by Michelle and her (shy) husband Mike. Come practice with your friend, parent, sibling or loved one, whoever you partner with on this journey! All connection is divine. The session ends with a sweet sivasana where each partner will give each other suggested shakti adjustments as taught by Michelle. See you there!

Sign up with member services \$25 / couple (only one person needs to sign up)

Email: beyoga@spa23.com with questions and have a great day!

Post yoga bliss will have
you feeling like →



BEYOGA
TRADITIONAL & HOT YOGA