

partner yoga night

with Lia Pardy



Friday Evening, August 27th 6:30 - 8:30pm

Call now to reserve your space! \$40 in advance, \$45 at the door per couple

Contact Yoga

"Like any chemical reaction, when two things make contact, both are transformed." Carl Jung

Experience the joy of giving and receiving. Combining assisted yoga poses and traditional Thai Massage, you will be gently rocked into a state of bliss, rolled into yoga shapes, guided in techniques of Thai Massage, the sister art of yoga.

This get together is appropriate for all levels, no experience is necessary. You and your partner will be guided through a sequence that has been designed to allow immediate participation, both giving and receiving. By returning each month, students have the opportunity to experience ideal pacing and sequencing under the guidance of a teacher. New postures and techniques will be introduced occasionally.

Neighborhood Yoga
212 N. Water St, Boone NC 28607
828-265-0377
www.NeighborhoodYoga.net



Lia Pardy has been practicing and teaching yoga and Thai Massage for many years. She leads classes and workshops regionally and offers private sessions in Asheville, NC. She is committed to creating a nurturing environment where others can experience well-being through yoga and massage. Visit site: www.LiaPardy.com