

Partner Thai Yoga Workshop



MoveStudio

Saturday, February 13th, 2-4pm

\$40 per couple

Register at www.movestudio.com or call 972-732-0206

***Space is limited**

In honor & celebration of **Valentine's Day**, we invite you to experience a new blissful bond with your partner, best friend, or family member. In this 2-hour loving workshop, you will learn:

- Partner yoga poses designed to deeply stretch the body, calm the mind, & foster an open heart with the support of your partner.
- The sacred healing art of Thai yoga bodywork which combines simple, assisted yoga postures, massage, acupressure, & reflexology. Benefits include release of muscle tension, improved circulation & overall wellbeing, energetic balancing, & a deep sense of relaxation and bliss (a.k.a. "major ooziness!").
- Powerful pranayama and meditation techniques to energetically unite you with your partner, creating the opportunity to replace emotional tension with love.
- Tips & resources to further enhance your relationship through open communication, life & love-giving foods, & use of essential oils.

Superfood refreshments will also be served. No prior bodywork training is necessary but a little yoga experience may be helpful. Please wear comfortable clothes and long pants.

As sacred, loving partners, **Bethany & Travis Webb** share the intention of creating a greater space on this earth to heal, love, grow, & be happy.

As a yoga teacher for adults & kids, Thai bodyworker, artist, & writer, **Bethany** teaches an eclectic, intuitive, & playful style of yoga honoring many traditions. With a passion for healing, she enjoys blending Thai yoga, reflexology, aromatherapy, art & writing into her classes. For more info visit www.creativeyogini.com.

In addition to thai bodywork, **Travis** offers holistic guidance to empower individuals to realize and live their highest potential. Letting go of beliefs, emotional patterns, forgiveness challenges, and mental blocks; this leads to inner peace, in which there is nothing more transformative and healing. His spiritual path is currently extending into the world of music through singing and songwriting. To learn more, visit www.onewebb.com.

