

COUPLE'S VALENTINE'S Partner Yoga

Friday, February 10, 2012 ♥ 6:30pm - 8:00pm ♥ \$40 per Couple
with Melissa Lindon & Geoff Maxson

Bring your sweetie and join us for this perennial Valentine's Day favorite!

In this fun, light-hearted workshop, we'll explore creative yoga poses for two.

We'll help each other find strength, balance and Relaxation in poses both new and familiar.



You'll leave feeling relaxed, renewed, And reconnected with your sweetie.

Some experience with yoga is helpful but not required (non-yogi partners are welcome!)



Melissa Lindon, RYT 500, brings inspiration to her teaching from the rich traditions of Anusara, Para Yoga, and Kripalu styles of yoga. Swing dancers as well as yogis, Melissa and her husband Geoff think partner yoga is a fun and creative way to connect couples. The newlyweds are delighted to be back again at the Yoga Center to lead their favorite workshop together.

Registration Form

Please fill out this form and return with payment to: The Yoga Center of Columbia, Parkridge Plaza Building, 8950 Route 108, Suite 109, Columbia, MD 21045 or fax with credit card info. 410.772.9591. Register at www.columbiayoga.com

Name(s): _____ & _____

Address: _____

Telephone # : (Days) _____ (Nights) _____

E- Mail: _____

Please sign me up for the:

Valentine's Partner Yoga with Melissa & Geoff February 10, 2012 6:30pm - 8:00pm \$40 per couple Cost \$ _____

Payment Type: (✓) Cash Check Visa MasterCard American Express Discover

Acct. No. _____ Exp. Date: _____ Signature: _____