

Partner Yoga

*partner can be:
Spouse
Friend*

*Sunday, April 18, 2010
2 - 4 pm
\$50 per pair*

**Learn techniques on Awareness, Flexibility,
Acupressure, Trust, Breath & Laughter!**

**Instructor: Amy Stephens, RYT
Questions: amy72@cox.net / 480-677-0855**

Pre-register at Member Activities! Please register as a pair!

If we do not meet our minimum of 3 couples we will need to cancel this workshop within 24 hours of the workshop.

Life Time Fitness
6850 East Chauncey Lane
Phoenix, AZ 85054
South of 101 and West of Scottsdale Rd. off of Mayo Blvd.

LIFE POWER
Y O G A SM