

RxYoga Presents...

Light & Lively

Partner Yoga!

When: Thursday, September 30, 2004!

Time: 6:30 - 8 PM

Where: Trillium Creek Conference Center
5783 Wooster Pike Rd., Medina, OH 44256
(State Route 3 just south of Medina Square, almost across from 1st Merit Bank,
located in the lower level of the Dermatology Center behind the Derma-Spa)

Cost: \$20 per person; cash, check, MasterCard, Visa or Discover accepted.

Instructor: Kim Koson, Certified Yoga Instructor

Register: Please RSVP! **Pre-register** by contacting Kim at 330.722.0661 or E-mail
Kim@RxYoga.org. See www.RxYoga.org for scheduling changes, current
class & upcoming event information.

Bring/Wear: Bring a blanket for comfort during relaxation. Wear comfortable, non-restrictive
layered clothing suitable for movement. Bring a partner!

Experience: Some experience helpful but not experience necessary at all! Bring a family
member or friend or make a friend here! Pregnant couples welcome! Teens
welcome (with permission of a parent if under 18)!

Enrich & enliven your yoga practice and have fun with yoga even if you are a beginner! Partner Yoga can create a light and lively environment from which you will explore moving into poses with the assistance of another; supporting each other in poses so that each of you can relax deeply & allow inner tension to be safely & gently released. More trust develops as you begin to attune to yourself and your partner ~ balancing the inner wisdom of your body with the needs and abilities of a partner. It is a fun, lively, nurturing way to open your heart to yourself & each other as you move from energetic partner poses into relaxation & stillness. Our time together will come to a close with a soothing, guided deep relaxation. Come and play...laugh...have fun...relax and recharge...