



# VALENTINE'S YOGA

WITH CHERI CLAMPETT & VICTOR BORDA

Bring a sweetheart, friend, or family member and come experience this fun and effective blend of Partner Yoga and Thai Massage.

The partner poses help us go deeper into the stretches, while building trust, physical sensitivity, and communication.

In the Thai Massage portion you get to experience both giving and receiving a massage that is often described as "having yoga done to you" - it feels quite luxurious.

The workshop is both playful and intimate - it deepens the connection as we tune into our partner's breath, posture, and movement while the simple fact of companionship in movement creates safety and joy.

*Deepen Your Connection*



SATURDAY, FEBRUARY 13, 2010 1:30-4:00PM \$60 PER COUPLE



32 E. Micheltoarena St.

Tel: 805.965.6045

[www.santabarbarayogacenter.com](http://www.santabarbarayogacenter.com)