



## **YOGAspirit® Partner Yoga**

### **Description**

Discover the joy of touch and connect with your partner through techniques of breathing, assisted yoga postures, meditation and gentle massage. Join Saskia and Jerrod in a relaxing candlelit studio to build intimacy and trust in a safe environment. Couple's begin with rhythmic breathing seated back to back. Throughout class couples assist their partners to open and deepen connectivity. Class finishes with a gentle neck and head massage just before a restful Savasana. Open to students of all levels, no previous yoga experience required.

A great date night!

Both Saskia and Jerrod study with guru Kim Valeri founder of YOGAspirit® Studios and teach from that lineage. YOGAspirit® is a healing based system of yoga using energetic practices. Saskia and Jerrod each hold a 200 hour and 500 hour certification from YOGAspirit® Studios and are currently enrolled in the 1,000 hour master healing therapies apprenticeship.

### **Schedule**

First Friday of each month from 6:30-8pm  
(subject to cancellation if demand is insufficient on any date).

### **Location**

Joiya Day Spa, 2349 Whitney Ave, Hamden, CT

### **Reservations**

Advance reservations required. Call Joiya Day Spa 203-281-1242 at least 48 hours in advance of date to reserve.

### **Pricing**

\$40 per couple if paid in advance. Or pay \$50 at the door.

