

# Valentine's Day Yoga

Join Constance on Saturday, February 11th at 6:30pm for *Valentine's Day Yoga*. This yoga will be different from our past practices in that we will be practicing a gentle individual practice along with partner-supported asanas. Our practice will show kindness, caring and respect to the individual that you bring to share the experience. No yoga experience is necessary to participate. Dress comfortably and if you have a yoga mat, please bring it with you.

**Space is limited** so register at the service desk so we know how many friends to expect. After our practice we will share champagne & chocolates.

Fee: \$15 per person or utilize your class pass