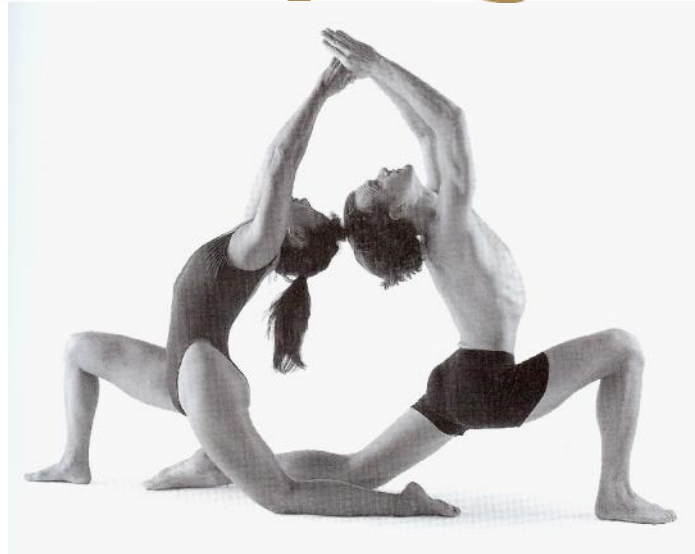


A Workshop in Partner Yoga

Yoga Helping Hands



**Create Beautiful Poses Together,
and experience the Power of Two!**

Partner Yoga is a fun way
to experience yoga poses in a new and deeper way

What to bring?

Your Partner or a Friend
(You also can come alone and
partner up with somebody in class)
A Yoga Mat or a Blanket, A Snack,
and something to Drink

When? Where? How Much?

Saturday, February 18
10 am - 2 pm
Deming Zen Center
501 - A East Spruce, Deming, NM
Donation

Register Early! Space is Limited!

Call Monika, CYT*, at 575.543.8900 or write to serenity@dishmail.net

*Certified Yoga Teacher