

Suwannee River Yoga Presents:

Partner Thai Yoga Bodywork

This group class meets at 6:00 PM on the second Wednesday of each month:

September 11, 2013:
Shoulders & Neck

October 9, 2013:
Hip Openers

November 13, 2013:
Feet & Legs

December 11, 2013:
Back & Spine

Partners: \$25
Individuals: \$15

Instructor:
Roberta S. Lacefield, Ed.S



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In partner Thai yoga bodywork, also known as “lazy man’s yoga”, you and your yoga partner will take turns assisting each other through poses that stretch connective tissue, create space in joints, and relax and energize the body.

This community-style class meets at Suwannee River Yoga Studio in downtown White Springs (across from the Post Office). Wear comfortable clothes and avoid eating within one hour of class.

Space is limited;
RSVP recommended: RSLacefield@netscape.net

<http://suwanneeriveryoga.com>