

Gentle Partner Yoga

With Harmony & Rick Joyce



LOCATION:

DATE:

TIME:

Registration Information:



Harmony & Rick Joyce

Gentle Partner Yoga is a “feel good” experience. Using a combination of Yoga, Massage, Tantra, synchronized breathing, healing touch and communication practices, you will sooth, nurture, stretch and pleasure your partner. Props, yoga mats and pillows will be provided for a comfortable, relaxing experience. Wear loose clothing, no belts, and bring an empty stomach. This class is appropriate for everyone, even if it is your first yoga experience. You will leave feeling good and have a more profound connection to your own body and your partner.

\$40 Per Couple, Gift Certificates Available, Please pre-register in advance.

Harmony Ananda Joyce has been practicing and teaching Yoga & Tantra for over 30 years. She is certified in Kripalu Yoga, TriYoga, Transcendental Meditation, Food Healing and studied SkyDancing Tantra for 15 years. She and her husband Rick Joyce also offer Couples Yoga Retreats and vacations in romantic spots around the world. Go to CouplesYogaVacations.com for more information.

