

Gentle Partner Yoga

With Harmony & Rick Joyce



Sundays, Monthly, July 26, Aug. 9, Sept. 27, Oct. 25, Nov.29, Dec. 27

3-5 pm, Garden of the Heart Yoga

2888 Ringling Blvd., Sarasota, FL

Pre-Register online at www.GardenOfTheHeartYoga.com
or in person at the Yoga Center or call (941)341-9781



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Gentle Partner Yoga is a “feel good” experience. Using a combination of Yoga, Thai 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.

Partner Yoga Sessions will be offered on-going, once monthly on Sundays. Discount packages are available—\$90 per couple for 3 class commitment. 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.

