

Valentine Yoga @ Cocoon



...baby, be my valentine....

The festival of martyred St Valentines is a day where people show their love and appreciation to their loved ones; spouse, partner, parent, sibling or best friend. Why not do something different this Valentines instead of that typical box of chocolates or bouquet of roses. You might want to do some heart-opening postures, opening to giving and receiving affection that deepens your relationship, making it more interesting.

It's not how perfectly you execute a posture, it's how much you enjoy the posture and embrace each other in Partner Yoga. Working with a partner helps you to open your body more deeply than you could alone, for optimal benefits.

Develop greater trust, sensitivity and understanding as we sustain our partners with our presence, breath, and support through Partner Yoga. Most importantly, it is intriguing and FUN! We laugh together as we strengthen and stretch the body! The program is fascinating and surprises await you.

In poses and exercises, partners rely on each other's support to keep correct body alignment, balance, and concentration. Partner Yoga offers something unique and it is a great way to strengthen the bond by fortifying trust and communication.

APPROPRIATE FOR ALL LEVELS. NO YOGA EXPERIENCE IS NECESSARY!

In Partners Yoga you will be guided safely into Doubles Yoga where both people do the same posture simultaneously, mirroring each other, balancing and counter balancing to co-create the posture.

14 February 2009 @ 2:30pm ~ 5pm

Price: RM200 * per couple

* inclusive of door gifts & afternoon tea refreshments..

RSVP latest on 12 Feb 2009
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