

Couples Vinyasa



Workshop

In Couples Vinyasa you link your body, breath and mind with your partner as you move through a series of poses that have been adjusted specifically for couples. In Couples Vinyasa, you can go deeper into postures with the support of your partner. As the two of you move and breathe in synchronization it becomes almost like a yoga dance.

Join us for a special night of Couples Vinyasa led by Mike and George. Treats and refreshments will be served after the workshop.

No prior yoga experience is necessary.

When:

Friday, August 4
6:30 - 9:00 PM

Where:

Minnehaha Yoga Studio
4141 Minnehaha Ave S.
Minneapolis, MN 55406

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\$90 per couple