

sangha yoga date night

thai yoga bodywork for couples



SANGHA YOGA

Downtown Kalamazoo's Center for Yoga
Meditation and Movement



This delightful event is hosted by internationally renowned Thai Yoga Bodywork Trainer, Tanya Boigenzahn Sowards, RTT, E-RYT 500, CHTP

This date night is also approved for 2 CE hours for the NCBTMB, THAI Alliance & Yoga Alliance

Saturday, March 20th 6:30-8:30pm

\$40 per couple

THAI YOGA BODYWORK FOR COUPLES

It's time to treat yourself and your sweetie! Just in time for Spring, this workshop, especially for couples, will guide you through some of the wonderfully relaxing, releasing and nurturing techniques of Thai Yoga Bodywork. Learn how to give a basic sequence of stress-releasing stretches, twists and massages to someone special in your life. Switch halfway through and receive the techniques yourself. Make it a date, and come unwind with your honey! No experience necessary.

PRE-REGISTRATION RECOMMENDED. *Space is limited, register early!!!*

Deliver payment with this form to Sangha Yoga. Cash or check only. **Check's payable to: "Sangha Yoga."**

Name(s) _____

Contact # _____ Email _____

Please write class dates, the number of attendees, and total payment enclosed:

DATE NIGHT 3/20/10: # of participants _____ (X) \$40 =TOTAL ENCLOSED \$ _____



SANGHA YOGA

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