

PARTNER YOGA

**Making Contact
for
Physical, Emotional & Spiritual Transformation**

with Vrnda Leier Heyden

**Saturday, February 13 1-3.30 pm
Ashland Yoga Center, 4th & A Street**

This practice will include interdependent as well as assisted asanas, conscious breathing, play, and an exploration of the balance between giving support and receiving benefits.

While some of these mutually beneficial poses will challenge balance, strength and flexibility, others will address trust, partnership and communication.

**Attend with or without a partner. All levels welcome.
\$15 - \$25.00 Sliding scale. Donations accepted**

Vrnda has been exploring yoga for decades and is certified in the Sivananda style, trained in the Iyengar style with senior teachers, including Geeta Iyengar & completed an Anusara Training, with ongoing studies. Both a student and teacher of focused, purposeful living, she creates sacred space for deep personal exploration, making possible the transformation and increased self-awareness that yoga offers.

Vrnda inspires students to explore their potential, while respecting individual capacity. She is a certified Phoenix Rising Yoga Therapist, Hakomi therapist and a Relax and Renew Trainer.

**To register call 541 552 0108 or vrnda@mind.net
www.yogasolutions.com**

