

SATURDAY + SUNDAY, **FEBRUARY 18 + 19**

2:00PM - 4:00PM both days | \$50; or \$30 each day

exhale venice | RESERVATIONS: 310 450 7676



valentine's day partner yoga

WITH **MATTHEW RAYMOND COHEN**

In this two day workshop we will extend our solo experience and share it with another. Consciously working with another person translates into useful life skills. Partner Yoga deepens our sensitivity, awareness and compassion. The mutual support and connection to others strengthens the sense of community. We will focus on breath, postural alignment & placement. Ultimately, working with partners allows us to learn more about ourselves. This is a potent, enlightening and joyful workshop. Partner Yoga is a creative way

to revisit your practice using touch as communication while enjoying the benefits of moving deeper into one's practice with a little help from a friend! Class will include backbends, forward bends, balance, twists and more...

Bring a partner or one will be provided for you! Matthew incorporates practices from dance, yoga, chi kung (qi gong) and martial arts.

ALL LEVELS ARE WELCOME.



MATTHEW RAYMOND COHEN'S teachings are at once ancient and progressive, secular and sacred. This integrated approach to healing is potent and accessible. Matthew has 30 years experience in Martial, Yogic, and Healing Arts. Visit www.sacredenergyarts.com for more information on Matthew's teachings.



venice 245 south main street 310 450 7676

register@exhalespa.com | www.exhalespa.com | for all workshops, a 24-hour cancellation is necessary or guest will be charged full amount.