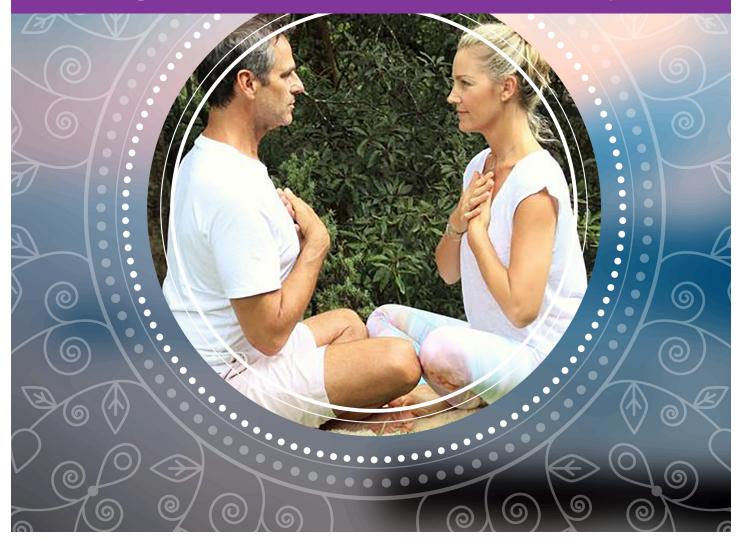
## Yoga and Meditation for Partnerships



## **Sunday, March 8 •2:00 - 4:30 pm** \$35/ \$25 members

"Love is the experience of Selflessness within the Self"

Join Anahata with love notes on relationships and the shared heart.

- Kundalini Yoga exercise warm ups
- Affirmations
- Introduction to "Venus Kriyas" which are seated meditation practices with a partner. They open the heart and involve arm movements, mudras, mantra, and eye gazing.

These practices are popular with couples, partnerships and friends!

