

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!

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