

# PARTNER YOGA EQUINOX CELEBRATION

Sunday, Sept. 25, 5:30-7:30 \$25

Let Mindy Griggs & Aaron Holterfield lead you in this **playful exploration of relationships** through movement, breath and touch.

**Beginners welcome** – there will be something for everyone!



On an equinox, day and night are of approximately equal duration all over the planet. They are not exactly equal, however, due to the angular size of the sun and atmospheric refraction.

Just like you and your partner are approximately equal, in our celebration we will discover how to move and breathe with each other.

Partner Yoga can be practiced by **any two people** (couples, friends, parent-child) and is a great way to strengthen a relationship by fostering trust and communication.