

# PARTNER STRETCHING

WITH **SHELLEY WILLIAMS**  
FEB 15, 2014 | SOUTH BAY

**Saturday, 2-4pm**

\$45 per person, \$55 after 2/6

Partner stretching and partner yoga for deep relaxation, mobility, and gentle healing.

Join us for an afternoon of indulgent partner stretching! Learn techniques inspired from elements of Thai yoga massage, partner yoga, assisted passive stretching, and gentle hands-on adjustments that you may have experienced in yoga practice classes.

Learn, indulge, and enjoy:

- body weight exchange with restorative yoga
- deep stretch and opening through shared, supported postures
- simple Thai yoga therapy for muscle relaxation and joint mobility
- community bonding, laughter, and healing

Previous experience and flexibility are not required. Ambient music and deep relaxation are guaranteed. Bring your yoga mat and a pillow. You can also bring a partner, or come solo.



*Shelley, E-RYT 500, has been an enthusiastic student of yoga for 15 years. She is a certified teacher of Hatha Yoga, Vinyasa Yoga, Prenatal Yoga, the Pilates method, and in process for 500 hour Prana Flow certification. A UCLA World Arts & Culture graduate, and modern dancer, Shelley includes world music, art, poetry, and experiential depth to her classes. She is deeply grateful to her mentors, Max Strom and Shiva Rea, for their guidance, and currently teaches retreats, workshops, and local teacher education programs.*

[www.myartofyoga.com](http://www.myartofyoga.com)

**TO REGISTER:**

Visit [yogaworks.com](http://yogaworks.com)  
Or call **310.322.6500**