



**Instructors:  
Nicole Bettray  
Elena Fisher**



Levy Family Campus  
14855 Oka Road Suite 201  
Los Gatos, CA 95032

**group**

**fitness**

# Partner Yoga

**Sunday, February 12th**

**12:30-2:00pm**

**Studio B**

**Members \$15/person; \$25/couple**

**Non-members \$25/person; \$40 couple**



The root of the word yoga means union. Join Nicole and Elena for an afternoon of fun, during which we will unite with a partner to support each other through our practice! Working with a partner helps you to open your body more deeply than you could alone, for optimal benefits. In partner yoga, it's not about how perfectly you execute a pose, it's how much fun you have doing it!

No yoga experience needed!

No partner needed (we'll find you one!)

Minimum 5 people needed to run class



To register, please fill out a registration form and turn it into the Service Desk.

For more information contact [groupfitness@svjcc.org](mailto:groupfitness@svjcc.org)