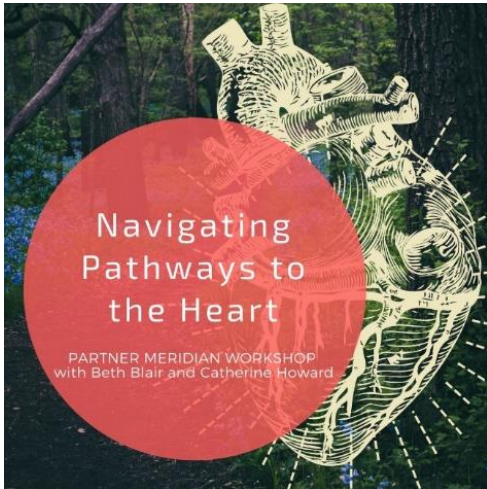


Join us for a deep exploration into loving self-care...



and how loving ourselves empowers us to love others.

“Tap into ancient tradition in the modern world. Slowdown to connect heart to heart.”

The design of this class is to explore the power of working together in partnership. We will start our sessions with partner Thai Yoga, move into a heart meditation in preparation for navigating the meridians. Our hope is that you find powerful healing in partnering to navigate the pathways to the heart.

Thursday, February 8th, 2018 6:30-8:30pm OR

Saturday, February 17th, 2018 2:00-4:00pm

Location: Trinity Presbyterian Church, 1416 Bolton Street SW, Winston-Salem

This class offers:

- A partner Thai Yoga Sequences for the arms
- A beautiful heart meditation
- An overview of meridian basics
- A sequence to work the meridian pairs associated with the heart
- Social and partner interaction
- Material handouts for practice at home

What to bring:

- Dress comfortably in clothing that you can move in
- Bring a yoga mat, towel, blanket to sit on and pillows if needed
- Bring snacks and water for break time
- Bring your openness to connect at the heart

Beth Blair- MASSAGE THERAPIST, TAI CHI INSTRUCTOR, REIKI MASTER, SOMATIC & WELLNESS COACH

Blending her experience as a Tai Chi Instructor, Massage Therapist and Reiki Master, Beth offers her love of learning through the body to help others heal. In private sessions, Beth integrates a variety of techniques to invite healing. It is never forced. Her deepest calling: to assist people with meeting their own personal healer, their Soma – Body & Soul.

Catherine Howard -THAI YOGA THERAPIST, YOGA INSTRUCTOR, & MOBILITY SPECIALIST

As a professional yoga teacher and Thai Yoga Therapist, Catherine uses a wide array of techniques to illuminate the interwoven relationships between our anatomy and our emotional body. She does this to fulfill her deepest calling: to assist people of all backgrounds and abilities with finding a deep sense of well-being, wholeness, and strength so that they can go out and live empowered, fulfilling lives.

Cost: \$40/individual or \$75/partners.

Bringing your own partner

is NOT required to participate.

To Register: Please email Beth@seamlesslivingNC.com or visit www.seamlesslivingNC.com

Still have questions?

Contact: Beth@seamlesslivingNC.com or Catherine@loveeirheart.com