

# Partner Yoga

*partner can be:  
Spouse  
Friend*

*Sunday, April 18, 2010  
2 - 4 pm  
\$50 per pair*

**Learn techniques on Awareness, Flexibility,  
Acupressure, Trust, Breath & Laughter!**

**Instructor: Amy Stephens, RYT  
Questions: amy72@cox.net / 480-677-0855**

**Pre-register at Member Activities! Please register as a pair!**

**If we do not meet our minimum of 3 couples we will need to cancel this workshop within 24 hours of the workshop.**

Life Time Fitness  
6850 East Chauncey Lane  
Phoenix, AZ 85054  
*South of 101 and West of Scottsdale Rd. off of Mayo Blvd.*

**LIFE POWER**  
Y O G A <sup>SM</sup>