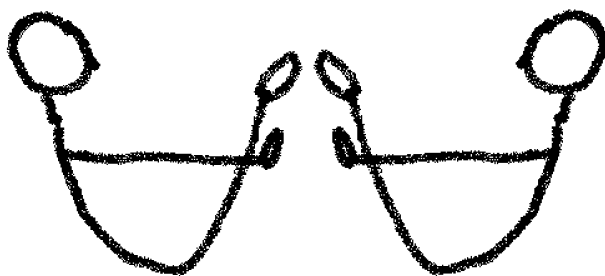


Mountaingoat Yoga Centre
presents



Partner Yoga

Find a friend, life partner, family member or a neighbour. Partner yoga will develop trust, communication and encourage awareness. Stretching is deeper and balance is challenged. It's a fun time – laughter is part of this class!

On the following **FRIDAYS**: 7:15 – 8:30pm

January 15
February 12 *
March 19

Classes held at [Nepean](#) location

Cost per class: [\\$25 per pair](#)

Beginners welcome. Class cards cannot be used for these classes.

Pre-registration is required.

Register one week in advance to ensure your spot.
A minimum number of participants are required to run workshops.

* February's class will include a Valentine's theme and will run 7:15–8:45pm

Classes lead by [TARA Vicckies, E-RYT.](#)