

# Partner yoga workshop with L&L

(with Lenka Nezvalová & Lucie Königová)

**Where:** Lotus centre, Dlouhá 2 (4<sup>th</sup> floor)

**When:** 22<sup>nd</sup> March 2009, 10.00 - 13.00

**Cost:** CZK 400



Uniting in posture with a friend or someone you have just met deepens our understanding of yoga & our awareness of others. Yoga-ing with a partner breathing together, guiding & supporting one another is a creative and playful journey that connects us to each other. As we learn about each other's differences, we discover our inherent similarities.

## Booking, info and payment

You are welcome to bring your friend / partner or come on your own.

Please bring your own mat.

To ensure your place you can register via e-mail: [yogaeventsprague@gmail.com](mailto:yogaeventsprague@gmail.com)

Payment due on Friday 20th March 2009

Bank account: Lucie Königová, 3224628001/5500, variable symbol: 2203