Partner Yoga (2-days; 9am - 6pm)

$395 early bird; $495 regular

This is one of Planet Yoga's most fun and light-hearted trainings. The two days are filled with deepening your relationship to 'self' while you give and receive support in asanas. Opening your students to experiencing poses with a partner creates a unique process for discovery of giving and receiving, and letting in and letting go.

The weekend will include movement warm-ups to share with a partner, as well as simple to advanced partner support. And on the last day, you will be introduced to aerial yoga.

Plus, you'll learn and create a variety of ways to give hands-on adjustments to your fellow yogi, and build your class mapping skills for creative sequencing. Its super fun and will spice up your mad yoga skills!

Topics Include:

- Making Contact – Breathing, Feeling & Sensing
- Cultivating Touch
- Guidelines for finding your personal alignment
- Warm-ups with your partner
- How to support your partner in a pose
- Partner Poses of all kinds
- Introduction to Aerial Yoga
- Creative Class Mapping