

# PARTNER YOGA WORKSHOP



Summer is a reminder that life is meant to be lived—and somewhere between work and responsibility, we often forget the art of play.

Join us for a fun and uplifting partner yoga experience designed to help you **move, stretch,** and **connect** together. Through guided partner poses and mindful movement, you'll build **trust, communication,** and **connection** while improving strength, balance, and flexibility.



Wednesday  
June 3<sup>rd</sup> 6-7:30PM



Wilson's Members: \$25  
Non-Members: \$35



Led by Amy + Candice  
Wellness Coaches, 200 RYT

[CALL OR SIGN UP IN YOUR PORTAL](#)



573-446-3232



Wilson's Fitness on Forum  
Mind & Body Studio | 2902 Forum Blvd.



Bring a friend, partner, sibling, or favorite workout buddy—no experience needed.  
Bonus for parents: the Play Center will be open during class—your built-in childcare while you enjoy time together.