



Date Night Yoga

with David King

Saturday, June 18, 2011; 5:00-6:15pm
\$25 per couple

Looking for a new way to experience Downtown Walnut Creek on a Saturday evening? Try *Date Night Yoga* at The Yoga & Movement Center. Fun can be achieved for the inexperienced yogi as well as the most experienced. All poses will be presented in such a way that everyone can achieve success. Never tried partner yoga? It is a fun and uplifting way to enhance the connection you have with a loved one. This is 75 minutes of one-on-one time with your partner and a few other friends. All you need is a partner, a sense of humor, a desire for fun and adventure, an open heart and 2 mats to have a fulfilling and rewarding experience. Please join my wife and me, David King for this spirited evening of yoga.



David is a recent graduate of The Yoga & Movement Center's teacher certification program. He has been practicing yoga for over 5 years. He has spent time practicing yoga with many of the more popular teachers in Central Contra Costa. He has gone from the trenches on the gridiron to climbing the ladders in corporate America to the yoga mat. He believes each one of our journey's is different and unique. With the help of yoga, he has found a new way to savor life's journeys. His yoga practice is built around Iyengar philosophies and allows every student the opportunity to explore their journey in a safe and supportive way.

The Yoga & Movement Center
1379 Locust Street
Walnut Creek, CA 94596

925-938-9642
www.yoga-movement.com
diane@yoga-movement.com

REGISTRATION FORM

Please register _____ couple(s) for *Date Night Yoga*

Name(s): _____

Address: _____

Phone: _____ Email: _____

Check Enclosed \$ _____ Credit Card Visa or Mastercard

Card # _____ Exp Date: _____

Name on Card: _____ Signature: _____

Make checks payable to: The Yoga & Movement Center, 1379 Locust St., Walnut Creek, CA 94596
Cancellation Policy: Minimum 7 days notice prior to workshop date, a refund less \$10 handling fee will be given. No refund for cancellations received less than 7 days prior to workshop.