

COUPLES THAI MASSAGE & YOGA

February 14

1:00-3:00 p.m.

SPEND VALENTINE'S DAY WITH YOUR PARTNER ERASING STRESS AND GROWING CLOSER!

**Gentle Thai massage and Yoga for Beginners taught by
Debra Campagna, Integrated Yoga Therapist, Integrated Positional
Therapist, Functional Yoga Therapist and Riverdog Kripalu Yoga
Instructor**

**No Yoga or massage experience required.
Just bring one yoga mat (mats available at the studio as well), a water
bottle, one blanket and an open heart.**

**\$50 per couple before February 12
\$60 per couple after February 12 and on the day of the workshop.**

**Call Riverdog Yoga for details and to register early...*space is limited.*
*This event always sells out!***

**For questions, contact Debra Campagna:
860-930-4452
wellspringyogatherapy.com**