



Whiting Community Center
1938 Clark St.
Whiting
www.whitingindiana.com
219-659-0860

Join us for our 2nd Annual Valentine's Date Night Yoga On Tuesday, February 14th

\$15.00 per couple (no refund policy unless program canceled)

6:00-8:00pm in the Memorial Room

At the Whiting Community Center

Pre registration required

Payment due at time of registration

Registration limited to 17 couples

Minimum of 10 to hold class

Refreshments will be served

BYOB if desired



This is a gentle relaxing pampering class for couples. Class consists of mild partners assisted stretches, massage, hand rubs, scalp massages and just connecting with your partner in a loving affectionate way. There is also communication building techniques practiced in a non confrontational way of listening and being heard to strengthen that bond. This is a fun and easy way to reconnect with your partner.

This is **NOT** a strenuous or difficult class. All that is required is a kind heart and open mind, a sincere desire to grow, reconnect and to please your partner in a loving and gentle way.

Class, which is open to all abilities and fitness levels, will be taught by Yoga instructor, David Potesta, who has over 10 years experience.