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Valentine's Day Yoga & Massage Couples Class

Tuesday, February 14
5:30 - 7:00pm
\$35 per couple



Description:

Begin your Valentine's Day evening sharing a yoga class of partner poses, movement and breathing followed by learning simple massage techniques to bring relief and relaxation to your mate.

Leaders:

Monica Carlson has 15 years of massage and yoga teaching experience. Jaren Atherholt is a long time yoga practitioner, yoga teacher and principal oboist of the Louisiana Philharmonic Orchestra.