



Holland & Jonathan are a couple who are passionate about teaching others to laugh, play, show love, to take care of each other & to cultivate intimacy through this workshop. They excited to share this in Wisconsin, after traveling it to five states & three US Territories since its creation one year ago!

Holland LeDelia is originally from Arkansas. She received her Stott Pilates Certification in 2004 & has taught all over the country—including her home bases of AR, NYC, & the VI. She also received her 200hr Yoga Certification from *Yoga to the People* NYC 2011 & is currently a Hatha & Anusara student, working on her 300hr certification. She co-leads a Meditation group, started a Vegan Supper Club & writes a mindfulness blog: www.countrygalcitygal.com www.hollandledelia.com



Jonathan Steinberg is a Licensed Massage Therapist. He has experience in Tui Na, Therapeutic/Rehabilitative and Swedish techniques which he has utilized in doctor's offices, PT Clinics, spas & fitness centers in NYC & the Virgin Islands. After completing *Two Souls Thai Massage* training, he moved to Thailand to continue his education. His next stop is becoming certified as a Personal Trainer. www.jdavidlmt.com

PARTNER YOGA & THAI MASSAGE

It's All About You Studio * 102 4th Avenue

In the Business Center on the square * Baraboo

Wednesday May 27 * Workshop 5:30–7:30pm

\$50/Pair * \$30/Individual

No partner or prior experience necessary! Come with an open mind and heart and deepen your connection to your friend or loved one through these fun and healing practices. Through yoga, Holland will teach you to stretch, balance and increase trust and flexibility with your partner. Jonathan will guide you in the release and relaxation that comes from Thai massage as he teaches you to work on your partner. Thai Massage is a stretching and pressing modality performed on the ground in comfortable clothing and is an excellent compliment to all yoga practitioners. Mats will be provided, but bring your own for extra comfort.

Space is limited, so make your reservation today online at www.itsallaboutyou-studio.com or by calling 608-729-5435