

LOVE, SEX, *and* INTI- MACY

Introductory Evening

Friday, February 10th, 7:00-9:00 PM

Workshop

Saturday, February 11th, 12:30 PM-6:30 PM

Sunday, February 12th, 12:30 PM-6:30 PM

@ Park City Yoga Studio,
1662 Bonanza Drive, Park City, Utah

Cost

Friday evening introduction: \$25 per person

Full workshop (Friday evening thru Sunday):

\$375 per couple

Pre-Register by February 3rd and Save 20%
\$299 per couple

A Kundalini Yoga Workshop for Couples

with Guruprasad Singh, MA, LPC

TAKE A WEEKEND WITH YOUR PARTNER TO LEARN...

- ❖ The fundamentals of successful relationships...
- ❖ Effective communication and conflict resolution skills...
- ❖ The art of pleasuring and sexual intimacy...
- ❖ How to nurture and sustain love that lasts...

The Perfect Valentine's Day Gift:
A weekend in Park City revitalizing and
uplifting your relationship!

Pre-Register and Save 20%
Park City Yoga Studio
435-655-YOGA (9642)



Guruprasad Singh, MA, LPC is a psychotherapist and yogi who works with individuals and couples throughout the country. Co-creator of "If Adam Only Knew" and the "Loving Your Relationship" series, he is a **KRI Certified Kundalini Yoga Instructor** and the owner of **Life Counseling and Yoga**. Drawing on various sources including Western psychology and the powerful and practical discipline of Kundalini Yoga, Guruprasad leads clients to approach their conflicts, concerns, and goals through the prism of Awareness,

Discovery, and Integration. He specializes in intimate relationships and in men's issues. He has taught Kundalini Yoga as taught by Yogi Bhanjan since 1996. Find Guruprasad @ www.lifecounselingandyoga.com.