

# Sacred Partner Yoga

with Mary Foran & Walter Sienko  
Sunday February 17th 2-4:30pm

In Sacred Partner Yoga, you and your partner will experience how to honour your loved one with increased presence & intimacy. Together you will create a personalized sacred ceremony to deepen communication, replenish energy & restore spiritual connection. Experience energizing partner yoga sequences, conscious breathing, bio-energetic movements and meditations that blend Yoga, Tantra and Shamanic Practices. No experience necessary. All Partnered Relationships Welcome! Props and modifications will make this practice accessible to all body sizes, levels of flexibility & experience.

**~ Valentines Special ~**  
**\$60 per Couple**

Held at Benders Yoga Studio (North West London)

Pre-Registration Required:

<https://studiobookingsonline.com/bendersyogainc/workshop.html>

Questions Email/ Call Mary Foran:

[info@functional yoga.ca](mailto:info@functional yoga.ca) / 647-449-9642



Mary Foran has taught yoga for 15 years full time, specializing in conscious healing practices through Restorative Yoga & Thai Yoga Massage. Walter Sienko is a psycho-spiritual guide specializing in transformational energy and shamanic alignment. Together they blend their knowledge and experience in Transpersonal Psychology, Buddhism, Non-Violence and Shamanism to create their mindful relationship. They share these skillful techniques so everyone can enjoy the benefits that come with presence and energy. You can find more information on Walter and Mary at: [Waltersienko.com](http://Waltersienko.com) & [Functional yoga.ca](http://Functional yoga.ca)

