



Join Us for this 2026 Special Event!

Couples Connection Wellness Workshop

An Enriching Way to Spend Valentine's Day Together!



Saturday, February 14th from 1:00 – 5:00 pm

Deepen your connection with your partner in this couple's workshop designed to awaken your internal spirit while reconnecting with your special someone. Enjoy couples' activities set with intention, to inspire and help strengthen your relationship. Includes journaling, 'sharing', and love letter activities, guided breathwork and sound meditation, and 60-minute Partner Thai Yoga class. All of this and more, woven together in a beautiful day of learning, playing and spending sacred time together. Includes all supplies, equipment needed for Thai Yoga, and light snack.

4-hour Workshop price - \$90 per pair/couple

No experience in mediation or yoga required. Workshop open to ages 18 and up.

Things to Bring: We suggest bringing along a personal water bottle. If you have a favorite journal/pen or if you prefer to bring your personal yoga mat & whatever you need to comfortably relax (pillow, cushion, blanket, etc.), you are welcome to, otherwise we will supply what's needed for the workshop.

***Registration Required**

**To allow for a comfortable experience for everyone, we have a maximum attendance of only 7 couples,
Reserve your place in class today – this workshop will fill quickly!**

Call 715-341-3333 to Reserve your Couples Connection Workshop Now.

***\$25 non-refundable cancellation fee**



Angela May knew her path in life was to share the knowledge and wisdom of yoga after completing her 200-hour yoga teacher training in Sacred Valley, Peru. As a professional yoga instructor, shamanic practitioner and healer, Angela guides people into listening to their inner self, stepping out of their comfort zone, and exploring their inner wisdom and ability to heal. Angela shares her creativity and talents as a local artist and co-created "Vibin' in the Pines" music, art and flow festival to bring an opportunity for many artists to share their own talents. She also teaches Meditation & Mindful Yoga, Yin Yoga, Kundalini, Salt Spa Yoga, Thai Partner Yoga, Shamanic Pranayama, Soothing Sound classes and specialty workshops at The Wellness Spa.

Held at The Wellness Spa, 3916 Water Street, Stevens Point, WI 54481 www.WellnessSpaResort.com