

Ditch the Dinner Date: Celebrate Valentine's Day with Yoga

BullStreet Studio Offers Valentine's Day Yoga Classes for Singles and Couples

COLUMBIA, SC, UNITED STATES, January 30, 2025 /EINPresswire.com/ -- [Yoga and Pilates with Ivory Howard](#), a fitness studio in the BullStreet District, is excited to announce two special Valentine's Day classes. This Valentine's Day, discover the perfect way to celebrate love and connection with two unique yoga experiences designed to nourish the heart and strengthen bonds.

Heart Flow: A Valentine's Day Class
Friday, February 14 at 6 PM

Through heart-opening flows, mindful movement, and guided relaxation, you'll cultivate a sense of love and appreciation for your unique journey. This class invites you to honor yourself whether you are single or partnered, recharge your spirit, and embrace the joy of being exactly who you are. No partner required just bring an open heart and leave feeling nurtured, inspired, and loved.

Sweetheart Stretch: Valentine's Day Partner Yoga
Friday, February 14 at 7:30 PM

Celebrate Valentine's Day with a yoga experience designed to bring you closer. This partner yoga class is a playful and heartwarming way to connect with your partner through movement, breath, and trust. In this guided session, you'll work together in poses that encourage communication, cooperation, and support. Whether you're a seasoned yogi or brand new to yoga, all levels are welcome.

"Yoga experience is not required. These Valentine's Day classes focus on the joy of experience rather than perfection." says Ivory Howard, yoga instructor and studio owner.



Yoga instructor Ivory Howard teaching class.



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Ivory Howard

The Valentine's Day yoga classes are more than just fitness classes. They are a chance to prioritize your health, deepen your connections, and embrace wellness in a meaningful and joyful way. Reserve your spot and make this Valentine's Day one to remember.

For more information about these events and to sign up, visit www.ivoryhoward.com/events.

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About Ivory Howard

Ivory Howard is a certified yoga and Pilates instructor with over 16 years of experience. She understands that each person's relationship with health and wellness is unique and strives to honor that through her work. Ivory specializes in helping busy women incorporate consistent workouts into their lives, empowering them to achieve their fitness goals with ease. Her sessions focus on strength, balance, and flexibility, offering challenging yet accessible workouts tailored to her clients' needs.

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