



Partner Yoga for Couples

Research shows that yoga helps manage or control anxiety, asthma, arthritis, back pain, blood pressure, carpal tunnel syndrome, chronic fatigue, depression, diabetes, epilepsy, headaches, heart disease, multiple sclerosis, stress and other diseases. Yoga also helps improve muscle tone, flexibility, strength, stamina, boost self-esteem, improve concentration and creativity, circulation and stimulate the immune system.

Often, the classical asanas in yoga can seem tough, daunting and far removed from an individual's ability and that is when practicing with partners can really help. Pairing up to do yoga acknowledges human limitations so that there is a greater sense of personal achievement and the whole experience is positive and enriching.

Yoga postures can be enjoyably developed and extended using the support and guidance of a partner. Doing yoga with a partner's support can be especially helpful when there are restrictions because of injury or individual capability.



The contact and assistance of a partner can enhance and develop the posture within individual ability. There is also the advantage of promoting an atmosphere of greater relaxation because you are practicing it with a person you trust and are confident about.

Union is the essence of yoga. Yoga for Couples is a gentle practice which combines yoga and massage. Joining in postures and stretches while supporting each other, enhances awareness while also bringing new depth to one's connection. The practice takes you to a place where you can take a retreat from your normal self and be focused on play.

Partner Yoga focuses the mind. It increases strength and flexibility which are done in the spirit of nurturing and child-like play. The practice builds trust, communication and intimacy on verbal and non-verbal levels. You learn to practice enforcing your boundaries and limits in a spirit of compassion.

Yoga for couples is a fun adventure into intimacy, play and relaxation. The poses are simply a way for couples to step deeper into their being. When you stretch with your partner, you melt each others tensions. Whether your relationship is fresh or stale, working together in yoga can potentially renew your connection with your self and your significant other.

When you feel safe and supported you develop the courage to trust others and the strength to confront your fears and embrace your true self. Partner Yoga uses various movements and poses to focus the mind and increase strength, stamina and flexibility which are done in the spirit of nurturing and play. Since yoga is usually such an internally-focused practice, being focused on your significant other is a way to enrich not only your own spirit but your loved one's as well.

Partner Yoga is a wholesome way to learn surrender, build trust, and deepen intimacy. If you have never done partner yoga before, it is both



meaningful and fun, and people say that they feel more open-hearted.

Some poses challenge your balance and strength. Others require your total trust and surrender. Each exercise and breathing technique uses the power of the partnership. Partners can often achieve more than if they were practicing alone. This yoga style requires no special equipment and can be done in any open space.

Benefits of practicing partner yoga together as a couple:

Deeper Trust – Posture work requires varying degrees of letting go and relying on your partner to support you as you both move through the sequences. Trust is essential in knowing that your partner is going to be there to help you get into and out of the postures. Practise trusting and you will find greater benefits in daily life.

Bonding – Some of the breathing exercises require you to sit side by side or back to back with your beloved. The simplicity of feeling the aliveness of the other person as they breathe, can be deeply profound. Just feeling each other's heart beat brings you to a state of "non-mind" awareness and will allow heart centred communication to flow.

Connection – How well do you know your partner's body? Partner yoga will help you explore the deeper aspects of physical union and will help you notice your partner in different ways. This can lead to a greater ability to listen with intent and communicate with the heart rather than the head. Such a joy!

Fun - Couples yoga is so much fun and provides a platform of bringing joy back into your lives. Laughing is a great way to relieve stress and tension and can make problems seem far less important.

Greater Intimacy – Couples who experience disconnection at a sexual level during a difficult phase of their relationship can often feel pressure to perform when they don't really feel close. Yoga can break down this barrier by creating a non threatening environment in which to explore each other without it having to lead to sex. With couples looking for deeper connection, yoga can and will help you improve your sex life.

Balance – Postures require balance in order to work properly, therefore you experience greater awareness of what it takes to create balance in your relationship. Having practised with friends and partners I am always aware of how balanced I am inside and out!

Communication – Expressing your needs is a sign of strength and by articulating where you need to be held or placed in yoga, will help you talk to your partner in a different way.

