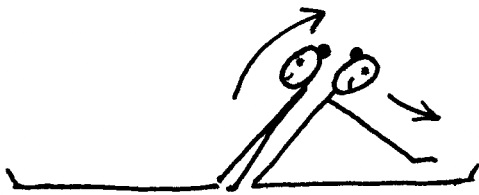


Partner Yoga

Partner yoga is a communion between two bodies and two souls. Joining together with another person can deepen your practice both physically and spiritually. The practice of partner yoga increases awareness and understanding of yourself and your fellow human beings. Enjoy!



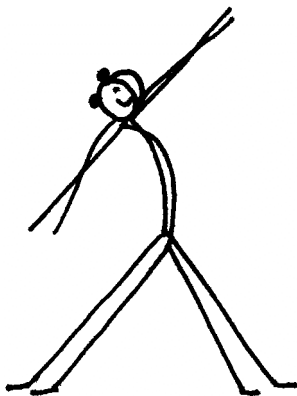
Forward Bend

Sit back to back in Dandasana
Sit on sitting bones
Lower backs touching
One person folds forwards into Pashimottasana
The other leans back
Keep spinal contact
Arms by sides or overhead
Linking hands optional
Partner now takes a turn forward bending



Back Bend

One person sits in Balasana
The other gently rests lumbar spine to lumbar spine and takes arms overhead in a back bend
Backbender's head nestled in nape of partner's neck
Backbender takes weight of their body in legs and feet
Outstretch both legs optional
Partner now takes a turn backward bending

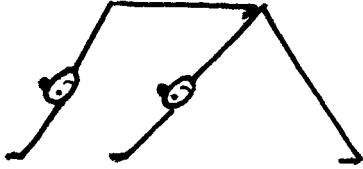


Side Bend

Stand back to back in Trikonasana
Exhale - bend to one side
Inhale - Come up to vertical
Gaze up, ahead or down
Interlinking hands optional
Repeat to other side

Get together and share the experience!

Partner Yoga/Cont.

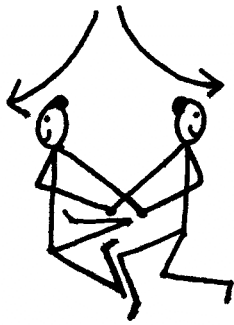


Inversion

One person adopts Adho Mukha Svanasana

The other person performs a half handstand and places the feet carefully onto their partner's lower back either side of the spine

Swap over



Seated Twist

Sit opposite each other

With spines erect

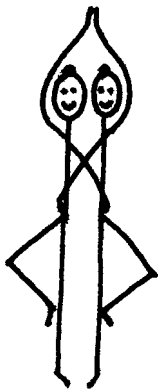
Rest right shin to right shin

One takes their left arm around their back and holds their partners outstretched left hand

The other takes their right arm around their back and holds their partners outstretched right hand

Both twist away from each other towards the left and gaze over left shoulder

Repeat to other side



Tree Balance

Stand side by side

Adopt a variation of Vrksasana

Wrap inside arms around each other's waist

Bring other arm up and place palms together

Swap sides

Get together and share the experience!

