

## Sacred Play for Partners

Partner Yoga is an excellent opportunity for couples to play, relax and deepen their love, while receiving all the benefits of Yoga. The practice supports us to unplug from the stress of everyday life and nourish each other in both simple and profound ways.

Partner Yoga cuts through our normal ways of relating and brings us more easily and directly into the heart. The touch and physical connection have an immediate relaxing effect that calms the mind and nervous system.

One of the surprising qualities about the practice is that it is a wonderful entry into Yoga for those that have believed themselves too inflexible. Our partner's presence provides the comfort and safety to stay present in areas of physical or emotional discomfort and supports us to move into places that are difficult to access on our own. For more experienced practitioners, the practice deepens both our postures and our understanding of the healing power of Yoga.

The connection with our partner easily and naturally goes deeper because we are communicating directly, beyond words and stories, through our touch and presence. We learn that we don't have to sacrifice our needs to be in relationship. Instead, we learn to take responsibility for our own alignment and presence as the foundation to support our partner. In this way, the practice cuts through projections and misunderstandings and provides a opportunity to be more real, honest and vulnerable with each other.

One woman recently reported 'Doing partner yoga helps us come close and back to love after an upset or disconnect. It's a safe space to re-enter into intimacy.'

Her partner had this to offer: 'Partner yoga deepens intimacy and connectedness through bypassing the pitfalls of regular verbal communication and encourages us to first come home to self which allows a more authentic physical, emotional, energetic and spiritual alignment with our beloved.'

Simply sitting back-to-back, feeling our partner's breath and warmth supports us to relax an overactive mind and come back to the love we share. We become mirrors for each and feel how the quality of our presence impacts the other. We can see clearly if we are showing up as a willing, open hearted partner or not.



Partner Yoga is an excellent tool for couples to deepen their capacity for intimacy in ways that bring you beyond the personality to recognize the Soul attributes of your partner. It opens a whole new way of relating that is beneficial for all the different aspects of our being. It can also be a magical way to get to know someone new in your life!