E-BOOK

PARTNER YOGA

3 exercices trackers

JOSE & ANAIS

Week 8 Partner yoga: yoga for arms



HOW IT WORKS

- (1) Choose your Yoga's friend
- Practice for 10 minutes
- Find another partner with whom you don't have much physical contact, to try the AURA exercise
- Enjoy the benefits

PARTNER YOGA EXERCICES

Visual contact
Physical contact
Open the chest

Double Twist

Aura



EXERCISES tracker

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EXERCISES	MON	TUE	WEN		SAT	SUN
EXERCISES FOR 10 MIN DYNAMIC/STATIC						
PHYSICAL/VISUAL CONTACT IN YOUR ROUTINE PARTNER YOGA						
RESTORATIVE YOGA						
AURA						
TOTAL						

Week 8
Partner yoga: yoga for arms

THE LXUMS

Share this practice with a friend or family member.

Find another partner with whom you don't have much physical contact, to try the AURA exercise.

START THE SEQUENCE WITH VISUAL AND PHYSICAL CONTACT









NAMASTE

HONGI

HUG





OPEN THE CHEST 2







REPEAT ON THE OTHER ARMS

THE Exercises



Share this practice with a friend or family member. Find another partner with whom you don't have much physical contact, to try the AURA exercise

FINISH THE SEQUENCE AS YOU STARTED IT



TAKE A MOMEN T



HONGI



HUG



FIND ANOTHER PARTNER TO DO THE AURA EXERCISE



I PRONOUNCE 'I'M COMING' AT EVERY STEPS



WHEN YOUR PARTNER FEELS UNCOMFORTABLE, HE SAYS: STOP -STAY WHERE YOU ARE



THIS IS PARTNER BOUNDARIES

YOUR AURA'S



Create stretching habits with a partner

HOW IT WORKS

- Choose your Yoga's friend (1)
- (2) Keep each posture for 30 sec
- Give your feedbacks to your partner (3)
- Enjoy the benefits **(4)**

Visual contact - Physical contact

Open the chest

Double Twist



EXERCICES tracker

EXERCICES	MON	TUE	WEN	••••••	• • • • • • • • • • • •	SAT	SUN
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EXERCISES FOR 5 MIN DYNAMIC/STATIC							
PHYSICAL/VISUAL CONTACT IN YOUR ROUTINE							
GAZING IN THE MIRROR							
PARTNER YOGA							
RESTORATIVE YOGA							
TOTAL							



Share this practice with a friend or family member

VISUAL CONTACT - PHYSICAL CONTACT



GAZING YOUR PARTNER IN THE EYES



INITIATE THE FIRST PHYSICAL CONTACT

OPEN THE CHEST



EXTENSION & FLEXION OF THE SPINE



DOUBLE TWIST







TWIST

NAMASTE

Week 12 Partner yoga: yoga for legs



HOW IT WORKS

- (1) Choose your Yoga's friend
- Practice for 15 minutes
- Find another partner with whom you don't have much physical contact, to try the AURA exercise
- Enjoy the benefits

TAKINER TOOK EXERCISES	
Visual contact	
Physical contact	
Open the chest	l

PARTNER YOGA EXERCISES

Open the ches
Double Twist
Aura



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EXERCISES.	\neg	1	
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EXERCISES	MON	TUE	WEN		SAT	SUN
EXERCISES FOR 15 MIN DYNAMIC/STATIC						
PHYSICAL/VISUAL CONTACT IN YOUR ROUTINE PARTNER YOGA						
RESTORATIVE YOGA						
AURA						
TOTAL						

THE Share this practice with a friend or famil Week 12

Find another partner with whom you don't have much physical contact, to try the AURA exercise.

START THE SEQUENCE WITH VISUAL AND PHYSICAL CONTACT









NAMASTE

HONGI

HUG

YOGA FOR LEGS















DOUBLE SAVASANA

THE Exercises

Week 12
Partner yoga: yoga for legs



Share this practice with a friend or family member. Find another partner with whom you don't have much physical contact, to try the AURA exercise

FINISH THE SEQUENCE AS YOU STARTED IT



TAKE A MOMEN T



HONGI



HUG



FIND ANOTHER PARTNER TO DO THE AURA EXERCISE



I PRONOUNCE 'I'M COMING' AT EVERY STEPS



WHEN YOUR PARTNER FEELS UNCOMFORTABLE, HE SAYS: STOP -STAY WHERE YOU ARE



THIS IS PARTNER BOUNDARIES

YOUR AURA'S