Week 12

Partner yoga: yoga for legs



HOW IT WORKS

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

PARTNER YOGA EXERCISES

Visual contact

Physical contact

Open the chest

Double Twist

Aura

EXERCISES tracker

EXERCISES	MON	TUE	WEN	THU	FRI	SAT	SUN
EXERCISES FOR 15 MIN DYNAMIC/STATIC							
PHYSICAL/VISUAL CONTACT IN YOUR ROUTINE							
PARTNER YOGA							
RESTORATIVE YOGA							
AURA							
TOTAL							





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

YOGA FOR LEGS







REPEAT ON THE OTHER LEG



DOUBLE SAVASANA





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 MOMENT



HONGI



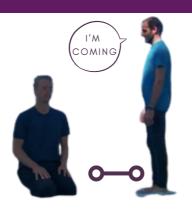
HUG



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 YOUR PARTNER AURA'S BOUNDARIES