

Partner yoga : yoga for legs



HOW IT WORKS

- ① Choose your Yoga's friend
- ② Practice for 15 minutes
- ③ 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							

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.

START THE SEQUENCE WITH VISUAL AND PHYSICAL CONTACT



NAMASTE



HONGI



HUG

YOGA FOR LEGS



REPEAT ON
THE OTHER
LEG



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
MOMENT



HONGI



HUG



NAMASTE

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