

ZORBUN

# E-Book

Partners in Pose  
*guide of*  
COUPLE YOGA



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# Hi, WE'RE ZORBUN.

Yoga is a deeply personal practice, but it **can also be a shared** experience, especially when practiced as a couple.

**Partners in Pose** is a guide designed to explore the benefits of couple yoga, where connection, trust, and communication are the foundation. This practice not only brings physical strength and flexibility but also deepens the emotional bond between partners.

Through synchronized movements and shared postures, couples can enhance their understanding of each other's bodies and minds while cultivating harmony in their relationship.

Whether you're new to yoga or experienced practitioners, this guide offers a variety of poses that can be tailored to your level of experience, promoting intimacy, fun, and mutual support.

**Couple yoga** helps build trust, improve flexibility, reduce stress, and, most importantly, encourage a sense of togetherness. Get ready to step onto the mat, strengthen your relationship, and explore the art of balance, both physically and emotionally, with your partner.



# THE BENEFITS OF COUPLE YOGA: STRENGTHENING CONNECTION AND BODY

Couple yoga offers numerous physical, emotional, and mental benefits that go beyond the individual practice of yoga. When practiced together, couples can experience a unique sense of connection, trust, and support. Here are some of the key benefits that make couple yoga so special:

## 1. IMPROVED COMMUNICATION

Yoga involves a lot of non-verbal communication between partners, helping you develop a deeper understanding of each other's needs, boundaries, and capabilities. As you move through poses, you'll naturally communicate through eye contact, body language, and synchronized movements, fostering a stronger emotional connection and deeper bond.

## 2. STRENGTHENED RELATIONSHIP

Just as yoga challenges and strengthens the body, it also helps to strengthen the relationship. Practicing together encourages mutual support, as both partners rely on each other to achieve and hold poses. This creates a sense of teamwork, trust, and reliance, which can positively impact your relationship off the mat as well.

## 3. INCREASED FLEXIBILITY & STRENGTH

The poses in partner yoga require you to work with your partner's body, which can help you enhance flexibility, balance, and strength in new ways. Whether you're supporting each other in balancing poses or stretching deeply together, you'll both gain physical benefits as you assist each other in reaching new limits.

## 4. STRESS REDUCTION

Practicing yoga together promotes mindfulness and helps reduce stress. The focus on breath and movement, combined with the calming energy of being with a loved one, can reduce anxiety and tension. Couple yoga allows you to unwind and be present with your partner, making it an ideal practice for relaxation and rejuvenation.

## 5. ENHANCED INTIMACY

Physical touch and shared moments in yoga foster a sense of closeness and intimacy. Many poses encourage touch, whether through a gentle hand on the back or close body contact in supported poses. This intimacy can deepen emotional connection and bring you closer, both physically and mentally.

## 6. FUN AND PLAYFULNESS

Couple yoga is not just about physical strength or flexibility—it's also about having fun together. Laughter and playfulness are key aspects of the practice, as you navigate challenging poses and share lighthearted moments. These joyful experiences help couples bond in a relaxed and enjoyable way.



## Chapter 2



### RYAN AND ALEX

Engineers, coaches, authors, and a husband-wife duo.

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## PARTNER BREATHING

For this gentle couples yoga pose, sit up tall with your back gently pressed against your partner's. Lengthen your spine and take slow, mindful breaths in and out through your nose.

Find a rhythm by syncing your breath, and as your partner inhales, feel their energy expand. Rest your hands comfortably on your knees and allow your body to relax into the moment.



## Chapter 2

# SEATED PARTNER FORWARD FOLD

For this partner hamstring stretch, sit with your legs spread wide apart and your feet pressed together. We're currently training for a marathon, so as you can imagine, our hamstrings are feeling pretty tight!

You don't need to reach all the way to the floor to get the benefits of this stretch. Keep your backs straight, and take turns gently pulling each other forward until you feel a deep stretch in your hamstrings. Focus on maintaining a steady, comfortable stretch—no need to push too hard.



## Chapter 2

# PARTNER SIDE ANGLE POSE

Side Angle Pose is a fantastic couples yoga pose, especially for beginners. Remember to alternate sides and keep your feet perpendicular to each other. As you deepen the stretch, keep your gaze lifted toward your top hand.

If reaching your partner's hand feels challenging, no worries! You can use a yoga strap, hand towel, or even a t-shirt to bridge the gap and help you connect more comfortably.



## Chapter 2

# SEATED CAT FOR COUPLES

Engage your core, tuck your chin, and draw your belly button in as you lean back. To deepen the stretch, gently pull away from each other, allowing more length and stretch in your bodies. Keep your movements controlled and mindful as you explore the depth of the pose.

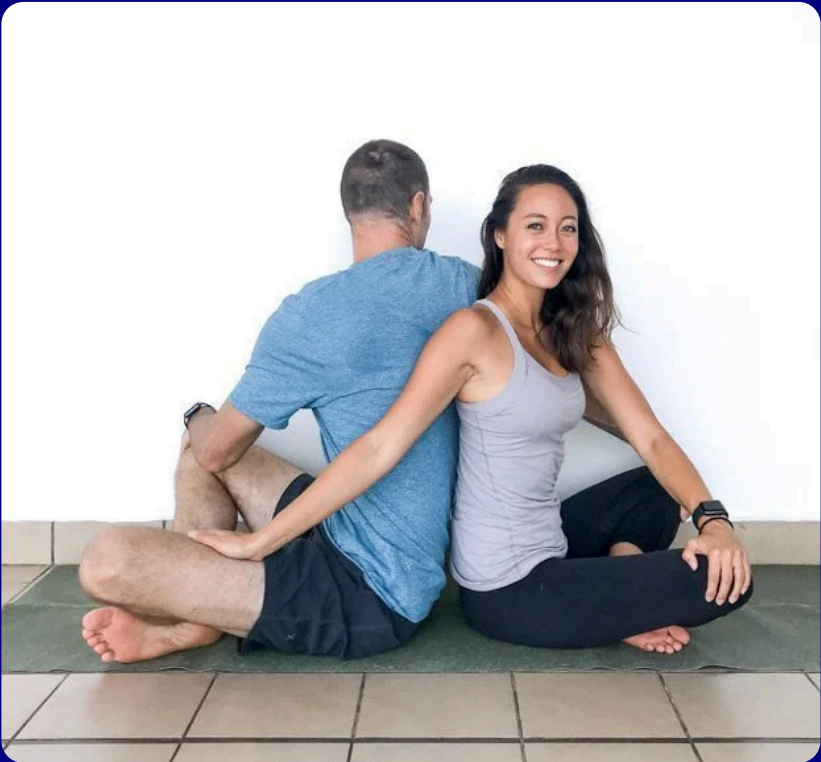


## Chapter 2

# PARTNER YOGA TWIST

To properly execute this gentle couple's yoga pose, lengthen your spine and sit up tall. Engage your core, take a deep breath, and with each inhale, feel your spine grow taller.

As you exhale, gently twist your torso to one side, enjoying the gentle release in your back. Breathe deeply and savor the calming effects of the couples' spinal twist.



## Chapter 2

# CHILD'S POSE AND FISH

A padded surface is ideal for this couples yoga pose. As you settle into Child's Pose, feel free to experiment with your knees either together or spread apart, allowing you to deepen the stretch and find what feels best for your body.

Focus on your breath, letting each inhale bring relaxation and each exhale release tension.



## Chapter 2

# CHEEKY FORWARD FOLD

This fun couple's yoga pose adds a bit of playful charm!

In the forward fold, avoid locking your knees. If you need to bend them (like Ryan), that's perfectly fine! The key is to keep your spine long and straight, rather than rounding your back. If you prefer, you can also try a wide-legged forward fold for a deeper stretch.

And while it's not shown in the photo, here's a little extra credit: add a cheeky twist by gently bumping buns with your partner. Enjoy the laughter and connection as you move through the pose together!



## Chapter 2

# TRIANGLE FOR TWO

This standing partner yoga pose is a great hamstring stretch and a perfect introduction to Triangle Pose for beginners. If you're still building flexibility, feel free to touch your shin or knee instead of reaching for your ankle or the floor.

Remember, don't apply pressure with your hand, especially if it's resting on your knee. To make things more comfortable, you can also place your hand on a yoga block or a water bottle to bring the floor closer to you. Make sure your back foot is angled at 45 degrees, and avoid locking your knees for a safer, more stable stretch.

Enjoy the deep stretch and connection with your partner!



## Chapter 2

# COBRA BACK BEND

This partner yoga pose is perfect for stretching your lower back. For the person on the floor, it also provides a great stretch for the shoulders and chest. Take turns switching between standing and lying down to fully experience both sides of the stretch.

As you move through the pose, be sure to engage your core to maintain stability and support throughout. This will help protect your lower back while deepening the stretch. Enjoy the connection and gentle release!



## Chapter 2

# PARTNER TEMPLE POSE

This is another excellent partner hamstring stretch. Stand facing each other and take a comfortable stance. Then, bend forward and grip each other's shoulders (or upper back if there's a height difference). Adjust your feet closer or further apart as needed for balance.

Keep your knees slightly bent and engage your core for support. Gently push each other's shoulders toward the ground to deepen the stretch in your hamstrings. For an even deeper stretch, try straightening your legs while maintaining the engagement in your core. Enjoy the release and stretch together!



## Chapter 2

# DUO BIRD DOG POSE

Bird Dog is a fantastic pose for relieving lower back pain and building core strength. Start on all fours, with your arms an arm's length apart. Each of you lifts your right arm, placing your hand gently on your partner's shoulder. Keep your backs flat and engage your core muscles to maintain stability.

Once you're steady, lift your left leg, making sure it's parallel to the ground, and keep your toe pointed downward. You should start feeling muscle fatigue as you hold the position—so be sure to encourage your partner along the way! After holding for a moment, switch sides and repeat the movement for a balanced stretch and strengthening.



## Chapter 2

# PARTNER RUNNERS POSE

We'll finish with one of our favorite stretches for the hip flexors and calves. Start in a narrow runner's pose with your right leg forward, keeping your feet about one foot apart.

Lean forward so your body, from your heel to the back of your head, forms a straight line. Press your palms together and gently push against your partner to engage more muscles, allowing you to deepen the stretch. This will help target your hip flexors and calves while building a strong connection with your partner.



## Chapter 3

# PARTNER YOGA POSES – MEDIUM

These partner yoga poses are great for yogis who are at a beginner to intermediate level. As you progress, you'll notice that these poses are more challenging because they require increased strength, flexibility, and balance compared to the easy poses we just practiced.

Moving forward, these couples' yoga positions will engage both your upper and lower body muscles more intensely. You'll be building strength and stability while deepening your connection with your partner. As you advance in your practice, focus on improving your balance, core engagement, and coordination.

To take your yoga practice to the next level as a couple, don't forget to incorporate other aspects of fitness, such as cardio and total body strength training. These will complement your yoga practice by improving your endurance, flexibility, and muscle tone, making these poses feel more accessible and effective.

Additionally, make time for regular yoga sessions together. Consistently practicing will not only help you both become stronger and more flexible, but it will also enhance communication and teamwork, allowing you to sync your movements and breathe in unison. Over time, you'll notice your yoga practice becoming more fluid, enjoyable, and rewarding, both physically and mentally. Keep challenging each other and celebrate each improvement along the way!



## Chapter 3

# PARTNER BACK STRETCH

This two-person, beginner yoga pose feels absolutely fantastic, and let's be honest — stretching with your partner is always more fun than using a stability ball!

Although it might look a bit funny, it still works wonders when a 5'4" wife lifts her 6'1" husband. The key is trusting each other and working together to support one another. This pose offers a great way to stretch and deepen your connection while building strength, balance, and communication. Plus, the laughter and shared effort make it all the more enjoyable!



## Chapter 3

# PARTNER YOGA TREE POSE

Couples Tree Pose is a classic balancing pose that becomes more challenging when you're connected to your partner.

To avoid pressure on your knee, place your foot above or below your knee, depending on your flexibility. Engage your core, find your balance, and breathe together.



## Chapter 3

# REVERSE WARRIOR HEART POSE

We thought this pose was harder than it looked! Start by bringing your right and left feet together at the center of the mat and lunge into Warrior 3. Then, place one arm behind your back and slowly lean back into Reverse Warrior.

Remember to engage your core, gaze up at your elbow, and try to hold hands with your partner for added balance and connection. Stay focused and breathe as you hold the pose!



## Chapter 3

# KISSING BOW POSE

For this two-person yoga pose, start by lying face down with your heads next to each other. Then, lift into Bow Pose, reaching back to grab your ankles.

Once you're both in the pose, lean in and share a kiss, maintaining balance and connection. This pose is not only great for stretching but also adds a sweet and playful moment to your practice!



## Chapter 3

# DOUBLE DANCER

Start by standing at opposite ends of the mat. Lean forward and place your left arms on each other's left shoulders. Then, extend your right arms and right legs back into Dancer Pose.

Be mindful not to arch your back, and focus on feeling the stretch in your hip flexor. Work together to find balance and support each other. Once you finish, switch sides and stand on your right leg to repeat the movement.



## Chapter 3

# COUPLES CHAIR POSE

For Couples Chair Pose, start by linking arms in a seated position. Then, push with your legs against each other's back and lift off the ground.

Hold the pose until muscle failure, making sure to communicate with your partner when you need to return to the floor. Challenge each other and see how long you can hold it!



## Chapter 3

# TWO-PERSON WARRIOR 6 POSE

Start by standing at opposite ends of the mat. Lean forward and place your hands on your partner's shoulders (or upper back if there's a height difference).

Then, lift your right leg into Warrior 3. Point your toes and work together to balance as long as you can. Once you're ready, switch sides and repeat the movement.



## Chapter 3

# COUPLES CAMEL POSE

This is another excellent back stretch, focusing on lengthening the quads and hip flexors. To safely complete this beginner couples yoga pose, follow these steps:

1. Start by bringing your knees together.
2. Grab your partner's forearms to help with balance and support.
3. Lean back into Camel Pose, keeping your chest open and your core engaged by pulling your belly button toward your spine.
4. Relax your head and neck, allowing your body to deepen into the stretch, but avoid turning your head to the side.

If you feel tightness in your hip flexors and quads, consider incorporating a standing desk into your routine to help alleviate tension from prolonged sitting.



## Chapter 3

# PARTNER CHAIR POSE TWIST

Stand two arm's length apart and hold each other's left hand. Lower into Chair Pose, keeping your back straight, core engaged, and weight in your heels.

Next, twist your torso and stretch your right arm behind you, all while keeping your knees aimed forward. Focus on maintaining stability and balance, and enjoy the deep stretch through your torso.



## Chapter 3

# PARTNER SHOULDER STAND

Support your lower back with your hands and engage your core for stability. For safety, avoid using momentum during this couples yoga pose.

Instead, rely on your core strength to move in and out of the pose slowly and controlled. Once you're in the pose, keep your head still —do not turn it from side to side. Extra credit if you add a little fun by bumping buns with your partner!



## Chapter 3

# COUPLES YOGA CATAMARAN POSE

Got it? Start in Boat Pose with your feet on the ground, holding your partner's hands. Adjust your distance if needed to find a comfortable position.

Next, press your feet together and lift into Boat Pose. If you're not super flexible like us, feel free to do one leg at a time instead of both. Engage your core and work together to hold the pose!



## Chapter 3

# DOWNWARD DOG UPWARD BOW

This two-person yoga pose combines Downward Dog and Bow Pose. First, if you can't do Bow Pose individually (on your stomach), skip this pose or only do Downward Dog.

In Downward Dog, focus on driving your hips up and engaging your core to help support your partner's weight. For those with tight hamstrings (like Alex), bend your knees slightly and imagine a string pulling you upward to keep your spine straight.

Lastly, Alex (105 lbs.) didn't try to support Ryan (175 lbs.) in this pose to avoid risking injury. Use your best judgment, and if you're uncomfortable, skip the pose.



## Chapter 3

# DOUBLE DECKER UPWARD PLANK POSE

Start by getting your hands and feet into position, keeping your butt down initially. Once you're both set, it's easiest for the person on top to lift their hips into Plank Pose.

Then, the person on the bottom should follow, making sure to align their body so it forms a straight line. Focus on engaging your core and maintaining balance as you hold the position.



## Chapter 3

# HAND STANDING ON THE DOG

Start with one person in Downward Dog. Then, the second person positions their hands and carefully lifts their legs onto the first person's back, ensuring their shoulders are directly below their hips to form a perfect upside-down L-shape.

Take turns in each role and enjoy the upper body burn while balancing in a handstand! Focus on core engagement and stability to maintain the position.



## Chapter 3

# PARTNER YOGA PLANK UP DOG

This couples yoga pose requires significant core and upper body strength.

Engage your core, and if you can't maintain perfect plank form while supporting your partner's weight, it's best to skip the pose until you've built more core strength. To improve, try doing plank holds to failure four times a week to increase endurance and stability.



## Chapter 3

# PARTNER YOGA PLANK

The same rules apply to this couples yoga pose. Engage your core and focus on maintaining proper alignment while attempting a full one-legged Chaturanga on your partner.

Ensure you have the strength to support each other's weight and only attempt this pose when you're both stable and comfortable.



## Chapter 3

# DOS EQUIS PARTNER SIDE PLANK

For the Dos Equis Partner Side Plank, start by getting into a full side plank position. If the full side plank is too challenging, you can modify by doing a forearm plank instead.

If balancing becomes difficult, try moving further apart to help improve stability. Focus on engaging your core and supporting each other as you hold the position!



## Chapter 4

# HARD COUPLES YOGA POSES

If you're wondering where to begin with acro yoga, start with these moves. Keep in mind that these are challenging couples yoga poses, so safety is key.

Building your total body strength will significantly help. We recommend our at-home Couples Workout Routine, which focuses on bodyweight exercises. However, adding resistance training with free weights or resistance bands will further enhance your ability to perform these acro yoga moves.

As always, prioritize safety. If either of you experiences pain during any of these couples acro yoga poses, stop immediately and reassess. Move at your own pace, and enjoy the journey together!



## Chapter 4

# BEGINNER ACRO YOGA POSE 1 – I GOT YOUR BACK

This post is all about sharing our favorite couples yoga poses with you. While we did our best to give each pose the correct name, we had to get creative with some of them. Here's our first partner acroyoga pose:

Stand back to back and link your arms. One person bends forward while keeping their spine long. The second person then uses their core strength to lift their legs, helping to create a balanced and connected stretch.



## Chapter 4

# BEGINNER ACRO YOGA POSE 2 – FLYING L-BATROSS

This pose is relatively simple but requires leg and core strength, along with balance. While on the ground, make sure to press your lower back into the floor to protect your spine.

Engage your core and focus on maintaining control as you hold the position. It's a great way to build stability and strength together!



## Chapter 4

# BEGINNER ACRO YOGA POSE 1 – I GOT YOUR BACK

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Stand back to back and link your arms. One person bends forward while keeping their spine long. The second person then uses their core strength to lift their legs, helping to create a balanced and connected stretch.



## Chapter 4

# DOUBLE DECKER COUPLES BRIDGE POSE

For this pose, start by getting your hands and feet into position first. Once the bottom person's arms are straight, the top person can lift into a Bridge Pose.

Then, the bottom person can lift their hips into Bridge Pose as well and add difficulty by lifting their heels. In Bridge Pose, ensure your back is flat, core is engaged, butt is flexed, and knees are not flared out. Keep a steady breath and focus on your alignment to get the most out of the stretch and strength-building benefits.



## Chapter 4

# KISSING DOWN DOG PLANK

Once your partner is in Plank Pose, position yourself in Downward Dog with your feet on their lower back.

Keep your core engaged for stability. When you're balanced, go in for the kiss—enjoy the connection and fun of the moment!



## Chapter 4

# ONE ARM HIGH-FLYING WHALE POSE

Start by holding both legs with both arms, and then experiment with lifting one leg at a time. This challenging yoga pose for two will test your balance and core strength.

If you're unsure, it's always a good idea to recruit a spotter for extra support and safety. Stay focused on your alignment and enjoy the challenge!

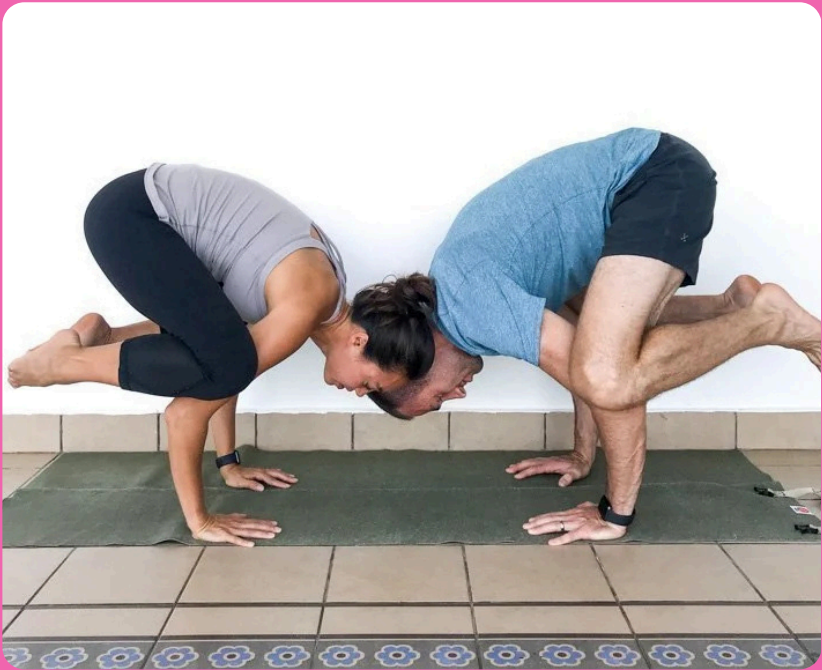


## Chapter 4

# COUPLES CROW POSE

Challenge your upper body strength with this difficult partner yoga pose. While it might be tempting to turn your head to the side and kiss your partner's cheek, avoid doing so.

In poses like Camel Pose or Plow, turning your head to the side can be extremely dangerous as it may strain your neck. Focus on keeping your neck aligned and maintain proper form to avoid injury.



## Chapter 4

# YOGA AIRPLANE POSE

Once you're comfortable with this acro yoga pose, let go of each other's hands and try flying. We weren't quite there yet, so we'll keep practicing.

Take it slow, and remember that building trust, balance, and strength takes time. Keep practicing, and you'll get there!



## Chapter 4

# COUPLES THRONE POSE

Couples Throne Pose is challenging to get into and out of, but once you're in, it's relatively easy to maintain.

We recommend using a spotter for added safety and support while getting into the position. Once you're stable, focus on keeping your balance and engaging your core to hold the pose.



## Chapter 5



### RENEE KWOK

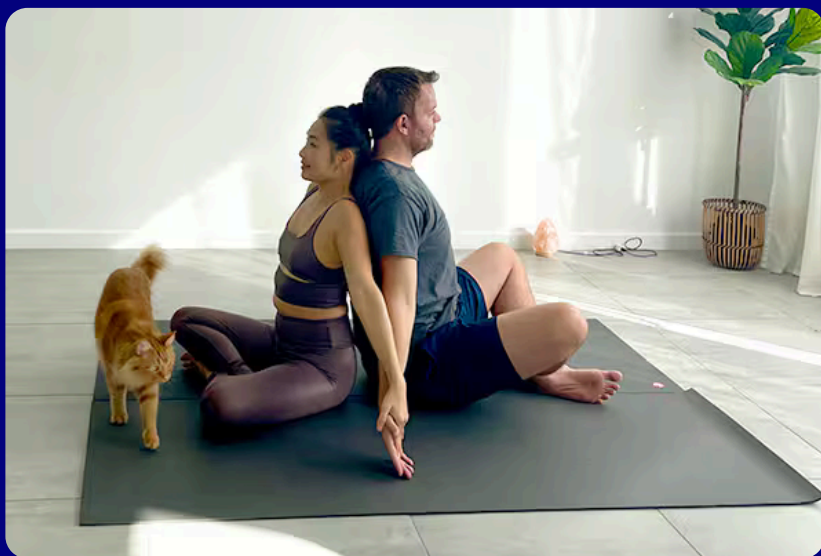
A yoga instructor with 13+ years of experience

[lifeextension.com](http://lifeextension.com)

## SEATED GROUNDING POSE

Partners sit back-to-back, cross-legged on a mat. Clasp hands palm-to-palm, with the taller partner's arms on top. Inhale, raising arms, filling the chest and throat. Exhale, slowly lowering arms. Close your eyes and focus on your breath for five rounds.

*Mindful tip: Set an intention for your practice and feel gratitude for this shared moment with your partner.*



## Chapter 5

# SEATED CRESCENT

Sit back-to-back with hands clasped, taller partner's arms on top. Inhale, extending arms out at shoulder height. Exhale, lowering one hand to the ground (same side) while raising the opposite hand overhead. Hold for three minutes or 10 breaths.

Return to center, breathe deeply, and repeat on the other side.

*Mindful tip: Check in with each other to ensure comfort in the pose. Breathe through any discomfort and practice compassion for yourself and your partner.*



## Chapter 5

# SEATED TWIST

Sit cross-legged back-to-back on your mat, hands clasped palm-to-palm. Stay centered and connected to your breath.

Inhale, sitting tall. Exhale, release hands and twist, placing your right hand on your partner's left knee and left hand outside your right knee. Hold for five breaths, using your breath to deepen the twist, and lift your spine taller for more space.

Inhale back to center, take a cleansing breath, and reset to repeat on the other side.

*Mindful tip: Keep your backs connected, pressing your hands onto them to deepen the twist.*



## SUPPORTED CHAIR

Partners stand facing each other, feet hip-width apart, and grasp each other's forearms or elbows.

Inhale, looking into each other's eyes. Exhale and, together, press feet into the mat and slowly sit back to hip level. Communicate if balance is lost or it becomes too challenging.

Hold for five deep breaths, or as long as comfortable. Exhale, stand up, and release each other's arms.

*Mindful tip: Don't take it too seriously—laugh and keep the energy light. This is a strengthening pose, so focus on clear communication. Relationships grow stronger through consistent work, communication, and fun.*



## PARTNER TREE POSE, OR TWIN TREE

Start side by side, wrapping your inside arm around your partner's hip and touching palms with your outside hand. Stand on the inside leg, bend the outside knee, and place the outside foot on the standing leg. Hold for five breaths, then switch sides.

*Mindful tip: This pose builds trust and strengthens balance. If you fall, lean on each other and encourage grace and patience. Don't get discouraged—smile, laugh, and support each other through the challenge.*



# WARRIOR II OR PARVA VIRABHADRASANA

Stand back to back with arms extended at shoulder height, clasping hands palm to palm. Legs should be arm's length apart.

Partner 1 turns right toes to the right, and Partner 2 mirrors by turning left. Partner 1 moves the left heel slightly left, while Partner 2 mirrors with the right. Bend the right knee (Partner 2 bends left) to align over the ankle.

Stay connected at the shoulders and hips, leaning lightly on each other for balance. Gaze past your extended hand.

Hold for five breaths, then straighten legs and repeat on the other side, mirroring each other.

*Mindful tip: If one person wobbles, the other can offer more support. Work together to find balance.*



## REVERSE WARRIOR LUNGE BACK

Stand back to back and enter Warrior II with hands clasped. Inhale, raising your front hands overhead and reaching back, gazing up toward the ceiling. Exhale, relax the other hand, and slide it down the back leg.

Hold for 3-5 breaths, then return to Warrior II and repeat the reverse lunge on the other side.

*Mindful tip: When the pose feels challenging, take deeper breaths. Remind each other to breathe slowly and deeply. This shared physical support strengthens emotional connection and enhances mood.*



## DOUBLE TRIANGLE

Stand back to back in a wide-legged stance, feet about 2-1/2 feet apart.

Partner 1 turns their right foot forward, and Partner 2 mirrors with the left. Extend arms forward and back at shoulder height, clasping hands palm to palm.

Bend at the hips, letting your right hand (your partner's left) drop to the shin or knee. Extend the other hand skyward, gazing up toward the ceiling. Hold for three breaths.

Straighten to the starting position and repeat on the other side.

*Mindful tip: Lean back for support, but be mindful not to knock your partner over. Make space if needed.*



## BACK TO BACK WIDE LEGGED FORWARD FOLD

Stand back to back with legs one leg length apart and hands on hips.

Exhale and bend forward at the hips. Inhale, extending your spine into a flat back, parallel to the mat. Exhale and fold forward, reaching your hands through your legs toward your partner's hands. Start by clasping hands, and if flexible, reach further for wrists, elbows, or shoulders.

*Mindful tip: Use this forward fold as a chance to communicate how far your body can extend and ensure you both feel comfortable. Be considerate of space and pressure, creating a safe, expanding practice together.*

**Modification:** If you feel dizzy in this inversion, stand up and turn to face each other. Then, fold forward halfway, resting arms on your partner's shoulders.



## CHILD'S POSE AND BACKBEND

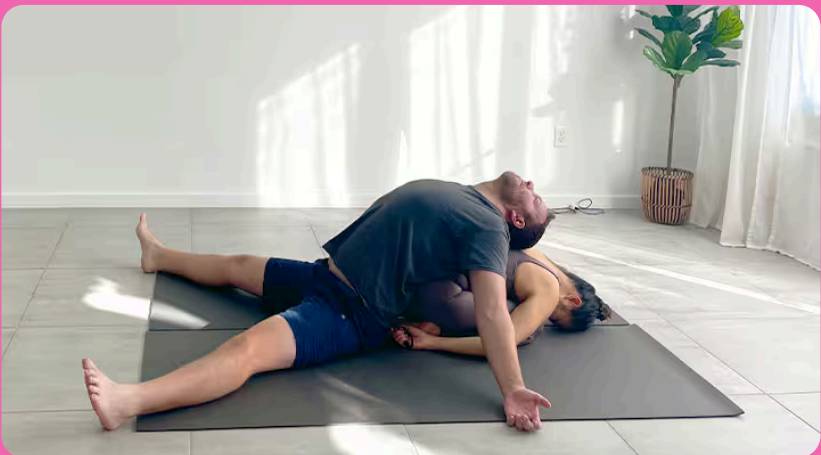
This pose involves a base partner (the one closest to the ground) and a top partner (the one on top of the base).

Partner 1 starts in tabletop pose, on hands and knees, bringing their big toes together. Sit back toward the heels, using a cushion or blanket to fill any gap between the bottom and heels. Slide arms beside the body and fold the chest lower over or between the thighs into child's pose.

Partner 2 sits behind Partner 1, facing away, with legs extended. Then, lean back to lie on Partner 1's back, falling into a supported backbend. Both spines align, with Partner 1 receiving a slight compression along their hips and back.

Hold for five breaths or more, then switch positions.

*Mindful tip: Enter the pose slowly and communicate clearly with your partner. Share feedback like “lean farther back” or “that’s too much pressure, come up a bit.” Encourage each other to tune into what feels good and supports the practice.*



## DOUBLE SEATED STRADDLE

Sit upright facing each other with legs extended outward without overextending. Press your feet against your partner's feet (or place your feet along their legs if shorter). Keep toes pointing upward. Clasp hands or arms, smile, and breathe gently together.

As you feel comfortable, widen your legs to deepen the stretch. One partner can lean back, gently pulling the arms to help the other partner fold forward, deepening the stretch into the lower back.

Hold for five breaths, then sit up and swap roles.

*Mindful tip: Maintain deep breathing and communicate openly about your needs. Share feedback and provide gentle guidance throughout the stretch.*



## LIFTED COBRA

Base partner lies face down with legs straight and arms by their sides. Top partner stands over them, feet on either side of the hips. Inhale: Top partner bends their knees, reaching down to grasp the base partner's wrists, and slowly lifts them up.

Exhale: Top partner straightens their legs, pulling their partner into a backbend. Move slowly and ask for feedback to ensure the movement feels safe and comfortable.

Hold for five breaths, then switch roles and repeat.

*Mindful tip: For the base partner, take deep breaths and surrender to the stretch. Communicate how much lifting is comfortable, and listen to your body to ensure safety.*



## DOUBLE SAVASANA

Lie side by side, feet pointing in opposite directions. Place your inside hand on your partner's abdomen and the other on your heart or on top of your partner's hand.

Close your eyes and slow your breathing, allowing your bodies to relax. Focus on your breath:

Inhale, feeling the breath move through your belly, ribs, and chest. Exhale slowly, emptying the lungs completely.

Tune into the stillness and presence around you. Surrender to the moment for at least five minutes.

End your session with meditation. Let feelings of gratitude rise, and share your appreciation with each other.

Finish by sitting up, looking into each other's eyes, and enjoying the silence together.





## YOGA WITH RACHEL

Yoga instructor, fascial fitness trainer and wellness enthusiast  
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### SEATED MEDITATION POSE

**How To:**

1. Sit back-to-back, cross-legged.
2. Rest your weight against your partner's back and find length in your spine.
3. Relax your hands on your heart or thighs.
4. Close your eyes and synchronize your breath with your partner.
5. Optionally, hum or chant "Om" together, feeling the vibrations.
6. Hold for at least 3 minutes.

This pose fosters connection, grounding, and safety.



## Chapter 6

# SEATED SPINAL TWIST

### How To:

1. Sit back-to-back in a cross-legged position.
2. Rest your weight against your partner's back for support.
3. Inhale together, lengthening through the spine.
4. Exhale and gently twist to the right, placing your right hand on your partner's left knee and your left hand on your right thigh.
5. Focus past your right shoulder, breathing into your back body.
6. After 5 breaths, return to center and repeat on the other side.

This twist improves spinal mobility, releases tension, and aids digestion.



# SEATED WIDE LEGGED FORWARD FOLD

## How To:

1. Sit facing your partner with some space between you.
2. Slowly extend your legs out to the sides, finding a comfortable wide-legged seated position. Bend your knees if needed.
3. Connect the soles of your feet and flex your feet, with toes pointing upward for stability.
4. Hold each other's forearms or hands gently.
5. Inhale together, lengthening your spine.
6. On the exhale, one partner leans back, guiding the other partner closer.
7. The guided partner hinges forward at the hips, breathing into the hips, hamstrings, and inner thighs.
8. Hold for 5 breaths, then reset and switch roles.

*Mindful Tip: Communicate regularly to ensure comfort and adjust the stretch as needed.*



## Chapter 6

# SEATED CAT COW

### How To:

1. Sit cross-legged, facing your partner, allowing your knees to touch.
2. Reach out and gently grasp each other's forearms.
3. Find equal resistance with your partner, lengthen your spine, and draw your shoulders back and down.
4. Inhale together, reach your tailbone back, and lift your chest and chin into a seated cow pose.
5. Exhale, round your spine, and bring your chin closer to your chest into a seated cat pose.
6. Flow between cat and cow pose with your breath, moving together.
7. If a stretch feels good, communicate with your partner to hold it a little longer.

*Mindful Tip: Synchronize your breath with your movements, fostering connection and enhancing spinal flexibility.*

# Chapter 6



## Chapter 6

# THREAD THE NEEDLE POSE

### How To:

1. Start in a tabletop position (on all fours) with your partner.
2. Move to a position where you can hold hands or touch forearms.
3. Bring your big toes together and widen your knees beyond hip distance.
4. On an inhale, both partners reach their outside hand towards the sky.
5. On the exhale, both partners send their outside arm behind the inside arm to reach for each other's hand.
6. Gently take hold of your partner's hand and lower your outside shoulder to the ground.
7. Turn your head to face your partner, resting the side of your face on the floor.
8. Optionally, walk your inside hand forward for a deeper stretch.
9. Practice eye gazing to deepen your connection.
10. Hold for 5 breath cycles before returning to all fours.
11. Switch sides and repeat.

*Mindful Tip: Focus on synchronizing your breath with your partner, using this pose to release upper back and shoulder tension while building connection.*



## Chapter 6

# STANDING FORWARD FOLD

### How to:

1. Stand facing away from your partner, feet aligned under your hips, with some space between you.
2. Bend your knees slightly and, on an inhale, both reach your arms overhead.
3. On the exhale, hinge at the hips and fold forward, relaxing your head and neck.
4. Reach between your legs to hold your partner's hands or forearms, and they will do the same.
5. Breathe deeply, focusing on grounding through your feet.
6. After 5 breath cycles, release the hold, place your hands on the ground, and slowly roll up through your spine.

This forward fold relieves tension and creates space along the back body.



## Chapter 6

# TEMPLE POSE

### How to:

1. Stand facing your partner with a small gap between you, feet aligned under your hips.
2. Bend your knees slightly and gently rest your hands on your partner's shoulders (they'll do the same).
3. On an inhale, lengthen through your spine.
4. On the exhale, slowly walk your feet back, straightening your arms with a slight bend in your elbows. Your partner will do the same.
5. Stop when your torsos are parallel to the ground or when you feel a good stretch in your chest, shoulders, and upper back.
6. Focus on the ground to maintain length in your neck and breathe into the areas stretching, such as your chest, shoulders, legs, and glutes.
7. After 5 breath cycles, walk your feet back toward each other.
8. Release your hands to your hips, press into your feet, and slowly return to an upright position.
9. If it feels right, make eye contact with your partner and smile!



## Chapter 6

# CHAIR POSE

### How to:

1. Stand back-to-back with your partner, feet aligned under your hips.
2. Gently rest your back against theirs and hook your arms together.
3. Communicate to ensure you both enter the pose at the same time.
4. Bend your knees and walk your feet forward until your knees are stacked over your ankles. Adjust your footing for stability.
5. Press into each other's back for support and connection.
6. Focus on your breath, especially as your quadriceps and hamstrings begin to burn.
7. Stay in the pose for at least 5 breath cycles before walking your feet in and rising up.
8. End with a high five! Chair pose is a fun challenge for both mind and body.

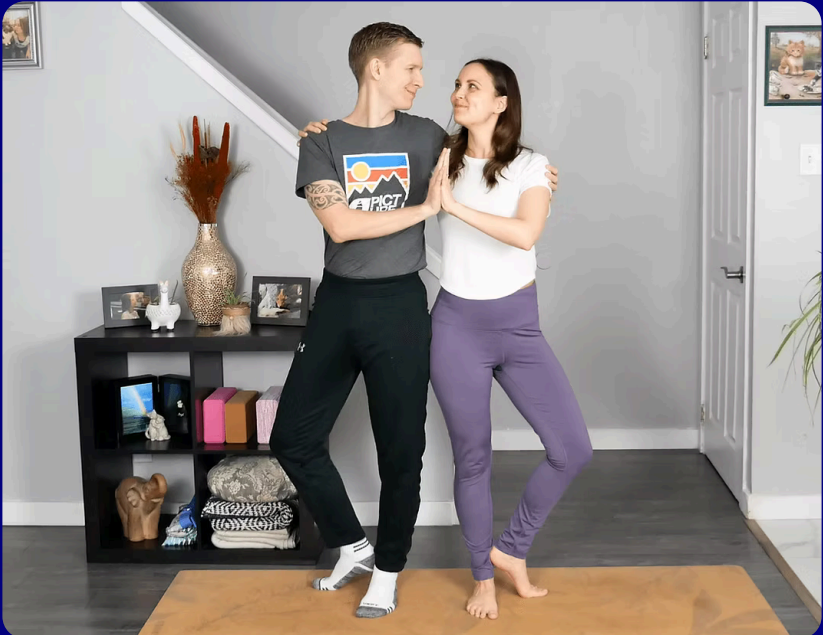


## Chapter 6

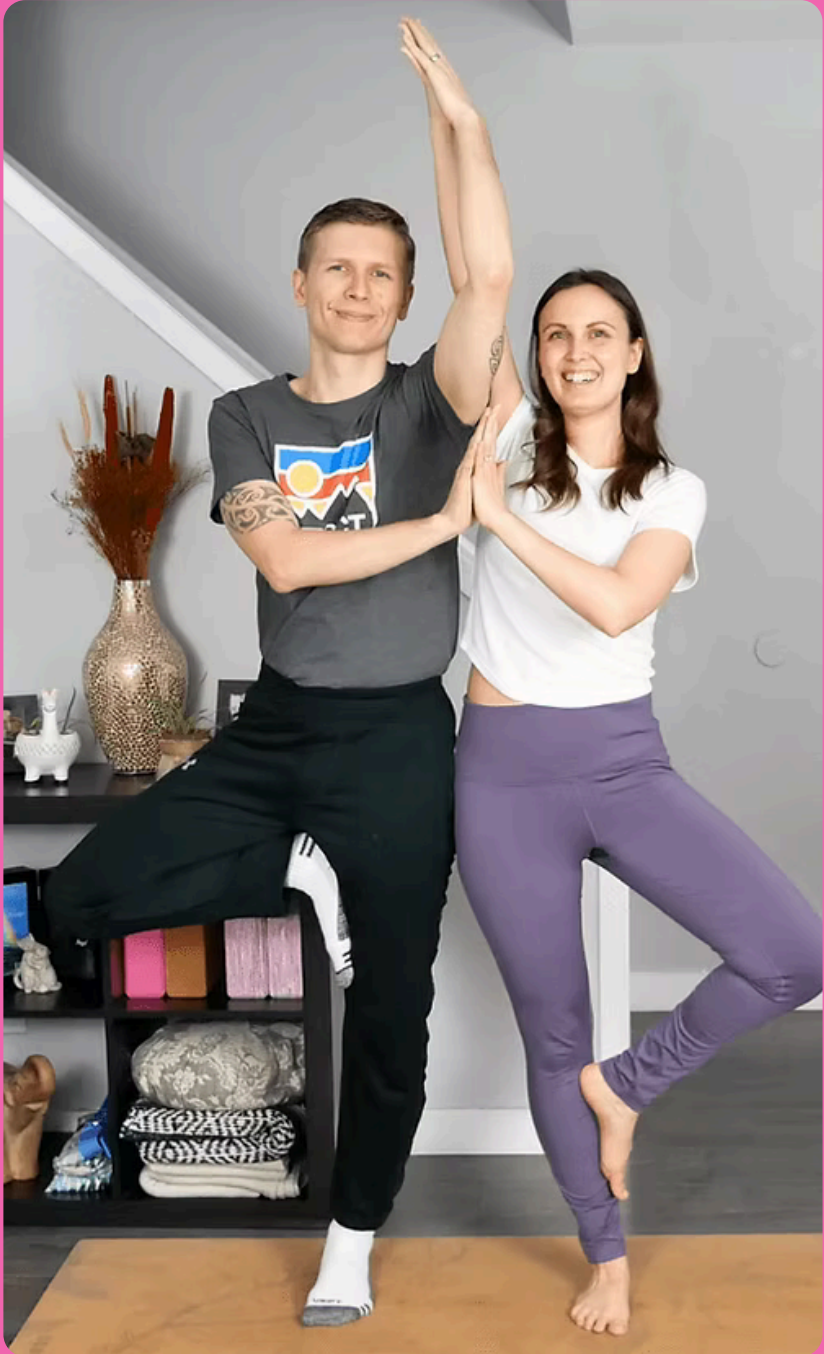
# TREE POSE

### How to:

1. Stand side by side with your partner, feet under your hips, and allow your hips to touch.
2. Reach your inside arms overhead and interlace your palms.
3. Press through the inside foot and slowly lift the outside foot, bending the knee to balance on one leg with your partner's support.
4. Use your free hand to hold your ankle and open your knee to the side, placing your foot on your inner calf or thigh (or keep toes on the ground and place your heel against your ankle).
5. Bring your hands together in prayer, focusing ahead.
6. Breathe deeply, enjoying the support of your partner as you cultivate balance and focus.
7. After 5 breath cycles, release your foot and arms, then repeat on the other side.



# Chapter 6



## Chapter 6

# CORPSE POSE

### How to:

1. Lie side by side with your partner, leaving a small gap between you, and hold hands.
2. Lower your back, extend your legs, and relax your arms by your sides.
3. Close your eyes or soften your gaze, feeling the connection through your hands.
4. Synchronize your breath, listening to your partner's and feeling the warmth of their hand.
5. Stay as long as you like, then bend your knees, roll onto your side, and sit up.
6. If it feels right, share a hug, feeling each other's warmth and heartbeat.



## Conclusion


# NAMASTE!

Couple yoga is more than just a practice; it's a journey of connection, trust, and shared growth. Throughout this eBook, we've seen how yoga can strengthen not only your body but also the bond between you and your partner. By exploring poses, synchronizing breath, and offering support through each movement, you create a deeper level of communication, intimacy, and emotional connection.

As you continue to explore couple yoga, remember that the true essence of the practice lies in the connection you create—both with your partner and within yourself. Take each session as an opportunity to deepen your relationship, enhance your communication, and cultivate the love and trust that will support you both on and off the mat.

Keep practicing, keep connecting, and enjoy the beautiful journey together.



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