

Couple's Yoga Routine

This playbook provides detailed step-by-step instructions for performing partner yoga poses. It is designed to help couples build trust and enhance their connection through coordinated physical activity.

Step 1: **Preparation**

Begin by preparing a quiet, comfortable space suitable for yoga. Ensure you have two yoga mats and wear comfortable clothing.

Step 2: **Warm-Up**

Start with a few minutes of individual warm-up stretches to prepare your body for the yoga routine.

Step 3: **Breath Sync**

Sit back-to-back with your partner, close your eyes, and synchronize your breathing. This helps in establishing a connection and harmonizing your energies before starting the poses.

Step 4: **Partner Poses**

Proceed to perform a series of partner yoga poses, ensuring that you move slowly and communicate clearly with your partner to maintain balance and to enhance coordination.

Step 5: **Hold & Balance**

Focus on poses that require you to hold on to each other or balance each other, as these will increase trust and teamwork.

Step 6: **Relaxation**

Finish the routine with a relaxation pose, such as lying down side by side, to relax your muscles and reflect on the practice you've shared.

Step 7: **Reflection**

Discuss your experience with your partner, share what you enjoyed, and talk about any challenges you faced during the routine.

General Notes

Safety

Always prioritize safety. Do not attempt difficult poses that are beyond your comfort zone or physical capabilities.

Communication

Maintain open communication throughout the practice to ensure both partners are comfortable with every stance and transition.