

# 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.