

Yoga for Couples

Please Note: The postures in Yoga for Couples are level 2- 3 yoga poses. The pictures are strictly for reference purposes. Care should be taken when attempting any advanced yoga pose. Please be careful and practice these postures at your own risk. Have fun and enjoy!

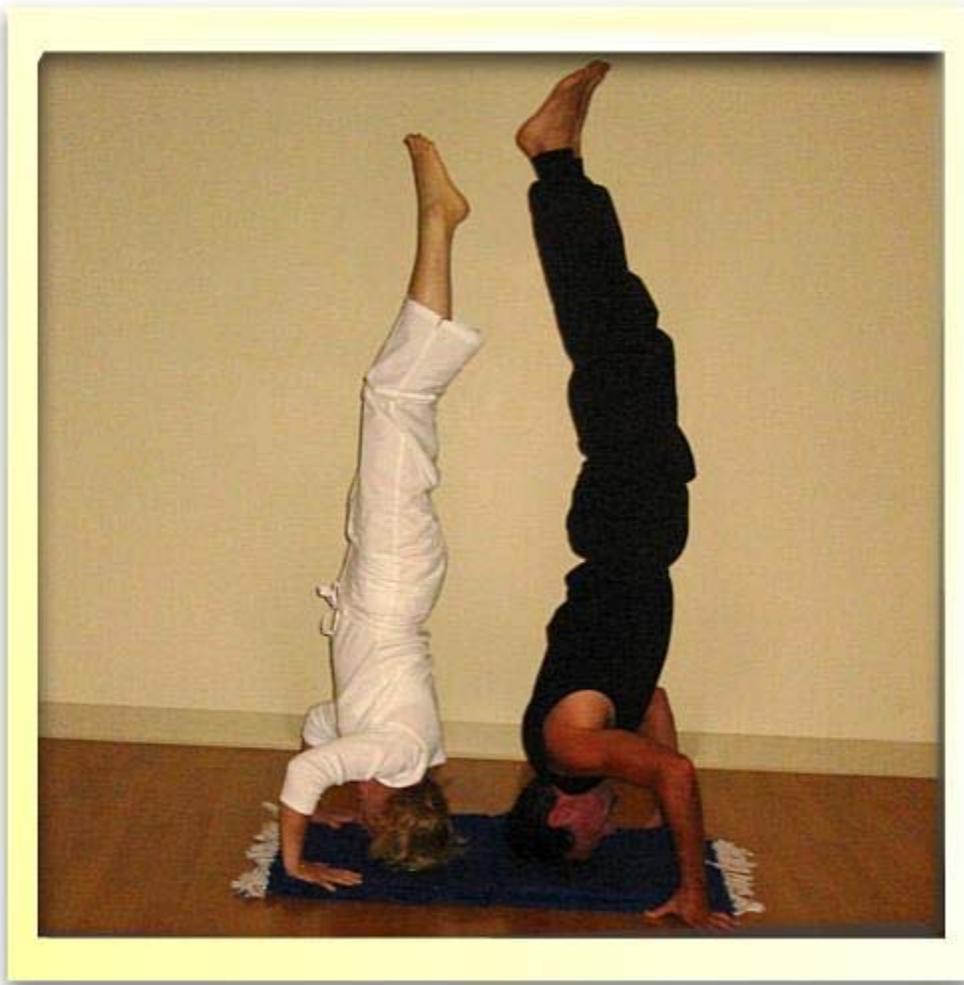
Supported Back Arch

Standing back to back partner one bends forward allowing partner two to lean back and lie extended along partner one's spine. Partner one extends arms to the floor for added support. Both partners -
BREATHE



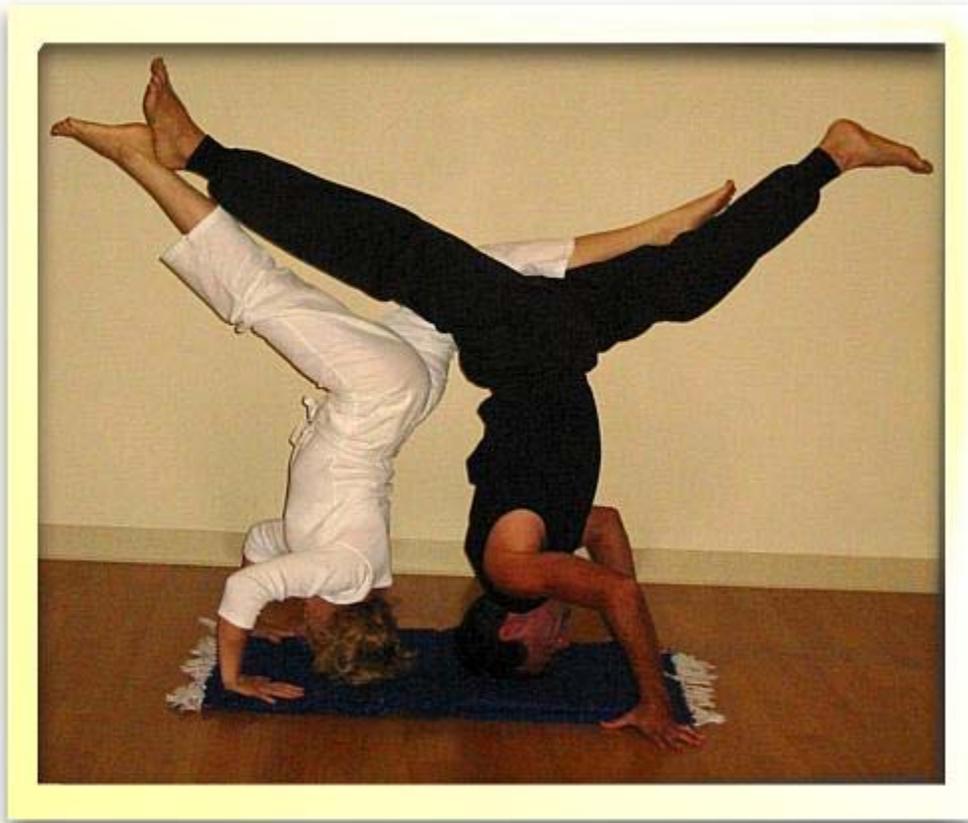
Back to Back Headstand

Both partners go into headstand a short distance from each other, back to back. Maintain posture and balance. Lightly touch feet if you are secure in your balance. Both partners - BREATHE.



Back to Back Open Headstand

From Back to Back Headstand with feet touching, each partner gradually moves their right leg forward and their left leg back in a split. Maintain contact with your partner. This will assist with balance. Change legs. Both partners - BREATHE.



Flying Back Arch

Partner one lies down on the floor with legs up in the small of partner two's back. Partner two leans back and allows partner one to lift her off the floor. Partner two extends her arms over her head. Both partners - BREATHE.



Reverse Flying Back Arch

Partner one lies down on the floor with legs up. Partner two stands above partner one's head and leans back to meet partner one's feet. Partner one grabs partner two's ankles and lifts her into the air. Partner two extends her arms over her head. Both partners - BREATHE.



Zen Yoga is a holistic system. It combines all aspects of the human self by uniting the fundamental needs of physical health, mental clarity and spiritual peace. It is a spiritual discipline that works to heal the body and the mind. Zen Yoga is based on the peaceful stretching and breathing exercises of Shanti Yoga, the energized breathing philosophy of Qigong, the flowing movements of Tai Chi and the mental serenity achieved through Zen meditation. Zen Yoga is much more than a set of physical exercises. Through integration of body, mind and spirit Zen Yoga creates flexibility, health, vitality and peace of mind.

Zen Yoga was created by Aaron Hoopes and is based on a few very simple concepts:

SLOW DOWN • EXPAND YOUR HEART • NOURISH YOUR BODY

CALM YOUR MIND • HONOR YOUR SPIRIT • LOVE YOURSELF