

Partner Yoga: It Takes 2!

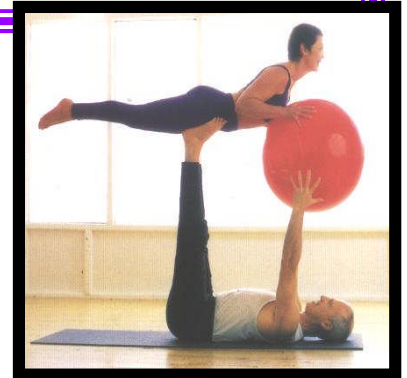
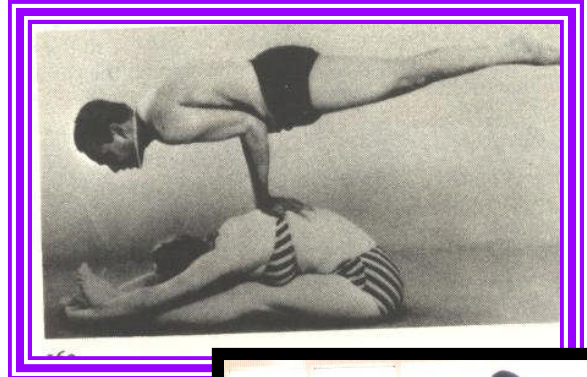
Lawrence Biscontini, MA,

2004 IDEA Group Fitness Instructor of the Year

Reebok University Master Trainer, Golden Door Fitness Manager

I. INTRODUCTIONS

1. Nāmas̥te! (“My inner peace meets, greets, and salutes your inner light”)
2. Gratitude
3. findlawrence.com, biscontini@aol.com, L’s Background, and the Biscontini Scholarship
4. Our Purpose Today: (stability and mobility)
5. Resources:
6. Workshop/Masterclass
7. Theme:



II. THEORY

- A. Partner Names: A and 1
- B. Types of Asana: Congruous and Unique
- C. Grips
 - a. hand to hand
 - b. interlocking finger grip
 - c. curled finger grip
 - d. shoulder/elbow/wrist grip

III. PRACTICAL

**SEATED PALM AND EXTENSIONS
ROTATIONS AND BACKBENDS**

(ADD SPACE BETWEEN YOU, then:)

CHAIR STANDING V CHAIR CATS

TREE MOONS TREE FOUNTAIN [SUN SALUTATION] WAR 2s
STANDING STAFF FRONT FACING TABLE SHORT AND LONG
STANDING STAFF SIDE CHAIR AND BACKBEND CHAIR TO HERO
GATE CAMEL THREAD BOAT CHILD & BRIDGE
BUTTERFLY & BRIDGE DOWNWDOG & TABLE DOUBLE
DOWNDOG (SUPINE BRIDGE & CHAKRASANA) (DOUBLE PLANK)
(PLANK & BRIDGE) SIDESITTING ROTATION
CORPSE HEAD TO HEEL

Home-Work:

Final Take-Home Messages:



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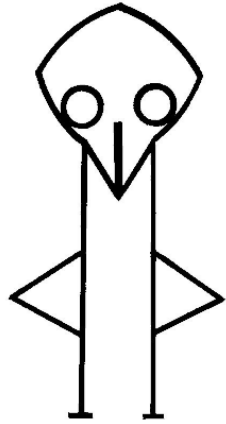
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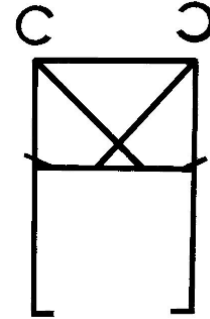
“If you aim for the stars, all you get are the stars, but I’ve got a whole new spin...if you aim for the heavens, you set the stars thrown in!”

This program is conceived and offered at Golden Door Spas, which all proudly feature Reebok University programming and unique fusion creations like "Yo-Chi"®

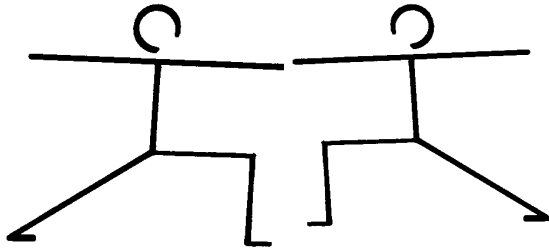
tree



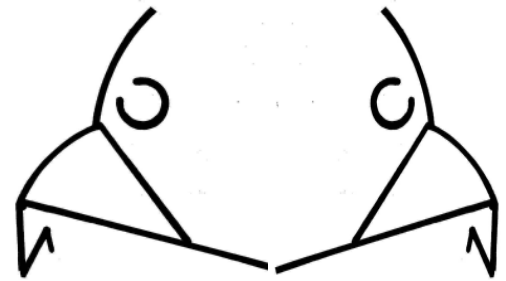
double standing staff



warriors



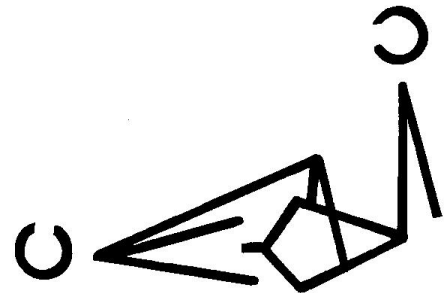
gate



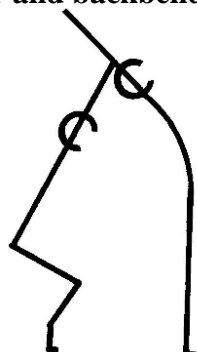
child and bridge



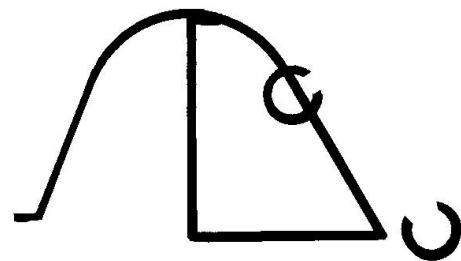
butterfly and bridge



standing chair and backbend



supine staff/chair and wheel



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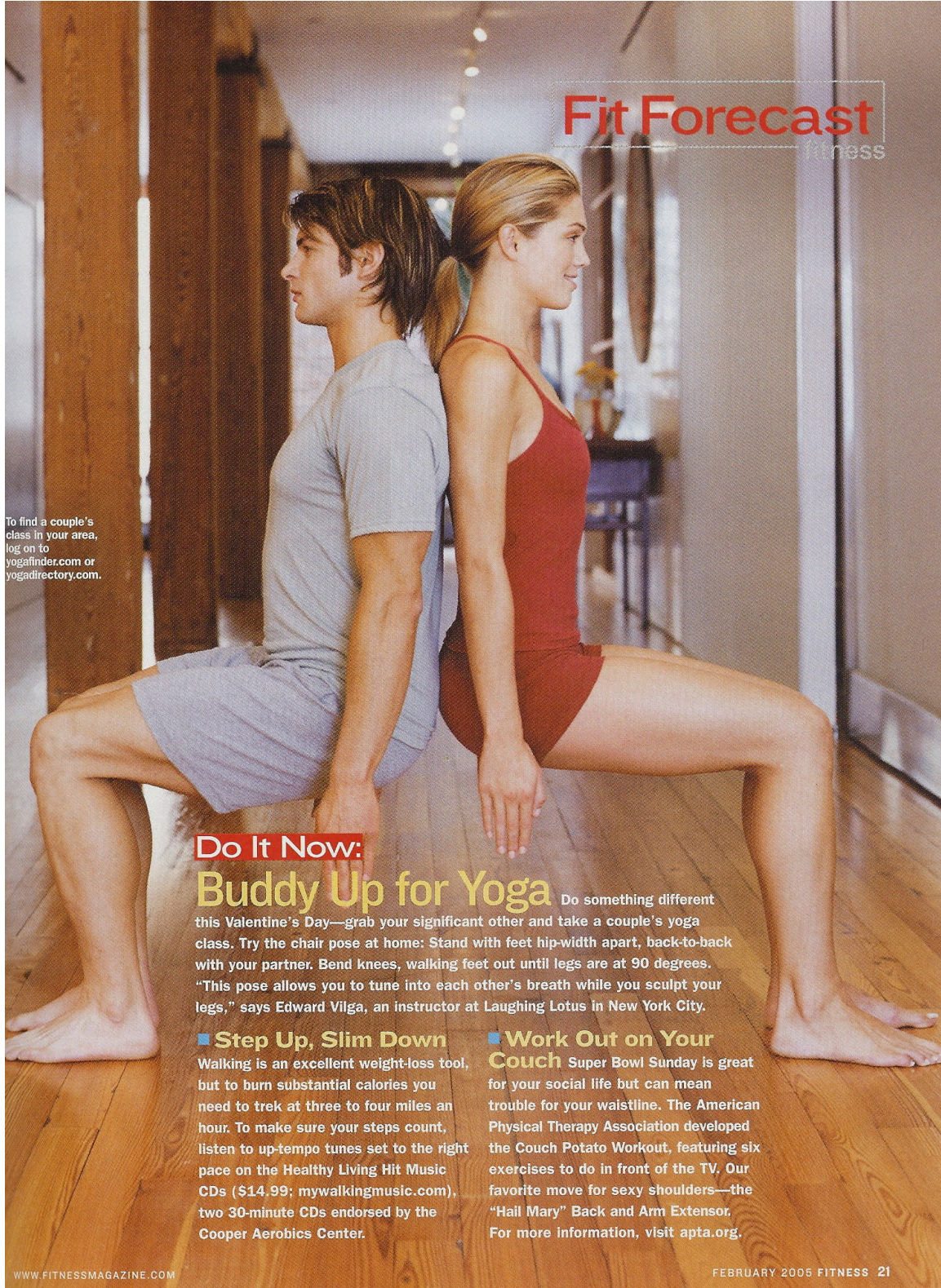
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Fit Forecast

fitness

To find a couple's class in your area, log on to yogafinder.com or yogadirectory.com.



Do It Now: Buddy Up for Yoga

Do something different this Valentine's Day—grab your significant other and take a couple's yoga class. Try the chair pose at home: Stand with feet hip-width apart, back-to-back with your partner. Bend knees, walking feet out until legs are at 90 degrees. “This pose allows you to tune into each other's breath while you sculpt your legs,” says Edward Vilga, an instructor at Laughing Lotus in New York City.

■ Step Up, Slim Down

Walking is an excellent weight-loss tool, but to burn substantial calories you need to trek at three to four miles an hour. To make sure your steps count, listen to up-tempo tunes set to the right pace on the Healthy Living Hit Music CDs (\$14.99; mywalkingmusic.com), two 30-minute CDs endorsed by the Cooper Aerobics Center.

■ Work Out on Your Couch

Super Bowl Sunday is great for your social life but can mean trouble for your waistline. The American Physical Therapy Association developed the Couch Potato Workout, featuring six exercises to do in front of the TV. Our favorite move for sexy shoulders—the “Hail Mary” Back and Arm Extensor. For more information, visit apta.org.

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FEBRUARY 2005 FITNESS 21



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Om

BRINGING YOUR PRACTICE TO LIFE



a family affair

Practice yoga together and create a deeper bond with your family.

IT'S NEVER TOO EARLY TO INTRODUCE YOUR KIDS TO YOGA, but making it fun is crucial. Charu Rachlis, a yoga teacher in the San Francisco Bay Area (*with her family, above*) says her nine-year-old daughter,

FITNESS Shanti, is more eager to jump in when yoga is presented as a spontaneous, playful possibility rather than a disciplined practice. “When we go to the beach,” Rachlis says, “I might say, ‘Let’s stretch or do a pose.’ It’s never an imposition.”

Another strategy is to practice in front of your children. “Kids are curious and great imitators,” Rachlis says. “They see you doing Downward Dog and they think, ‘Oh, I can do that.’” But the experience goes far beyond the physical. For Rachlis, whose husband Sahajo also practices, the biggest benefit is the deeper love she feels for her family. “You feel each other’s closeness,” she says. “You melt resistance, and it brings you closer together.” **MARY BOLSTER**

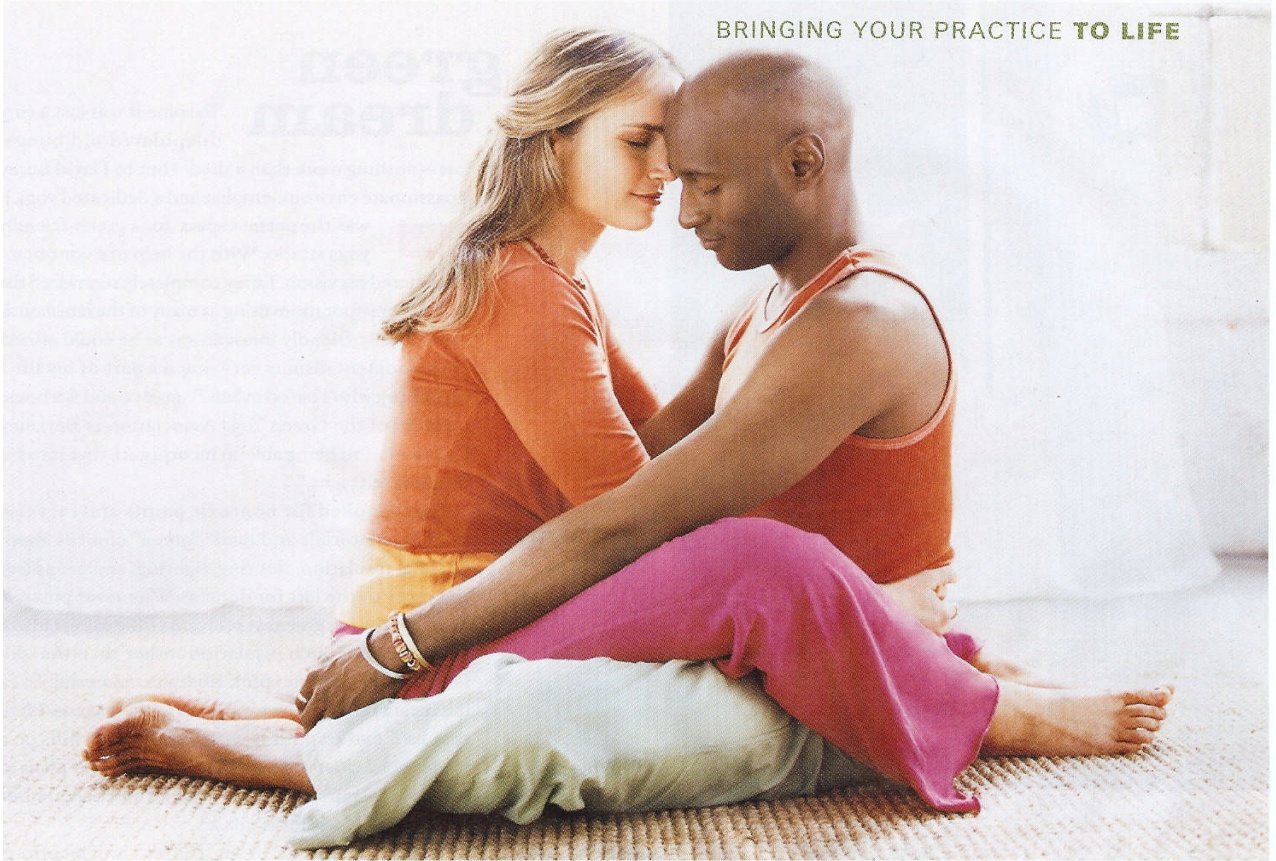
PHOTO: DEBRA MACLINTON; STYLIST: PEGGY JONG; ARTIST UNITED; HAIR/MAKEUP: SHAWN BURKE



INSIDE: WELLNESS HOME RELATIONSHIPS TRAVEL FOOD BEAUTY PEOPLE

ॐ Om

BRINGING YOUR PRACTICE TO LIFE



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get a little closer

Now that summer’s in full sizzle, it’s time to heat up your relationship.

ARE YOU AND YOUR PARTNER hot and heavy, or going up in smoke? If you’re looking to deepen your intimacy, try a Lovers’ Yoga workshop led by Darrin Zeer, longtime yoga teacher and the author of *Office Yoga* (Chronicle Books, 2000). Zeer’s workshops are similar to traditional partner yoga classes, but with extra oomph. “I wanted to create that magic that happens between couples when their bodies are together,” he says. “There’s an incredible melding and intimacy that happens, but also a profound relaxation.”

To encourage closeness without making couples feel uncomfortable, Zeer starts the class slowly and lets it progress gradually to a more intimate level. In “Playful Partner Yoga,” the first of five sections, couples begin with the “Happy Hug.” By the last one—“Passionate Partner Yoga”—everyone’s blissfully cuddling up in “Spooning Savasana.” As Zeer says, “By the end of the class you’re in love with your partner and in love with yourself. So it’s a journey.” For information about Zeer’s retreats, visit www.loversyoga.com. ANDREA FERRETTI



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contact



com

connect

DEEPEN YOUR RELATIONSHIPS WITH THE PRACTICE OF CONTACT YOGA.

“Ultimately all we really want is a relationship. But it's often our biggest challenge,” writes Tara Lynda Guber in the introduction to her beautifully photographed and inspiring new book, Contact: The Yoga of Relationship. The following excerpt and photos from the book capture the true spirit of relationship and show how Contact Yoga can help us discover it.

Contact Yoga creates a safe place to experience all of the emotions and polarities of relationship—the joys and anxieties, balance and chaos, intimacy and individuality, solitude and union. Contact Yoga teaches us to ask for what we want. It requires that we communicate our hopes and desires as well

as our concerns, anxieties, and even fears: I'm nervous. I feel like I'm going to fall. I'm out of balance. Are you there? Are you holding me? Contact Yoga breaks down the barriers of physical connection, opens the door to emotional connection, clears the channels of energetic connection, and merges you with the transcendent spirit. The essence of Contact Yoga is constant awareness of your partner. In the process of moving through the postures, one can actually overcome fear, form trust, increase communication, and deepen intimacy. As you embrace the full potential of each Contact posture, you will experience a sublime expression of transcendent union.

Because Contact Yoga happens in the moment, it is not a preordained set of postures but a dynamic and continuous creative flow between two



BY TARA LYNDA GUBER WITH ANODEA JUDITH * PHOTOGRAPHY BY NORMAN SEEFF

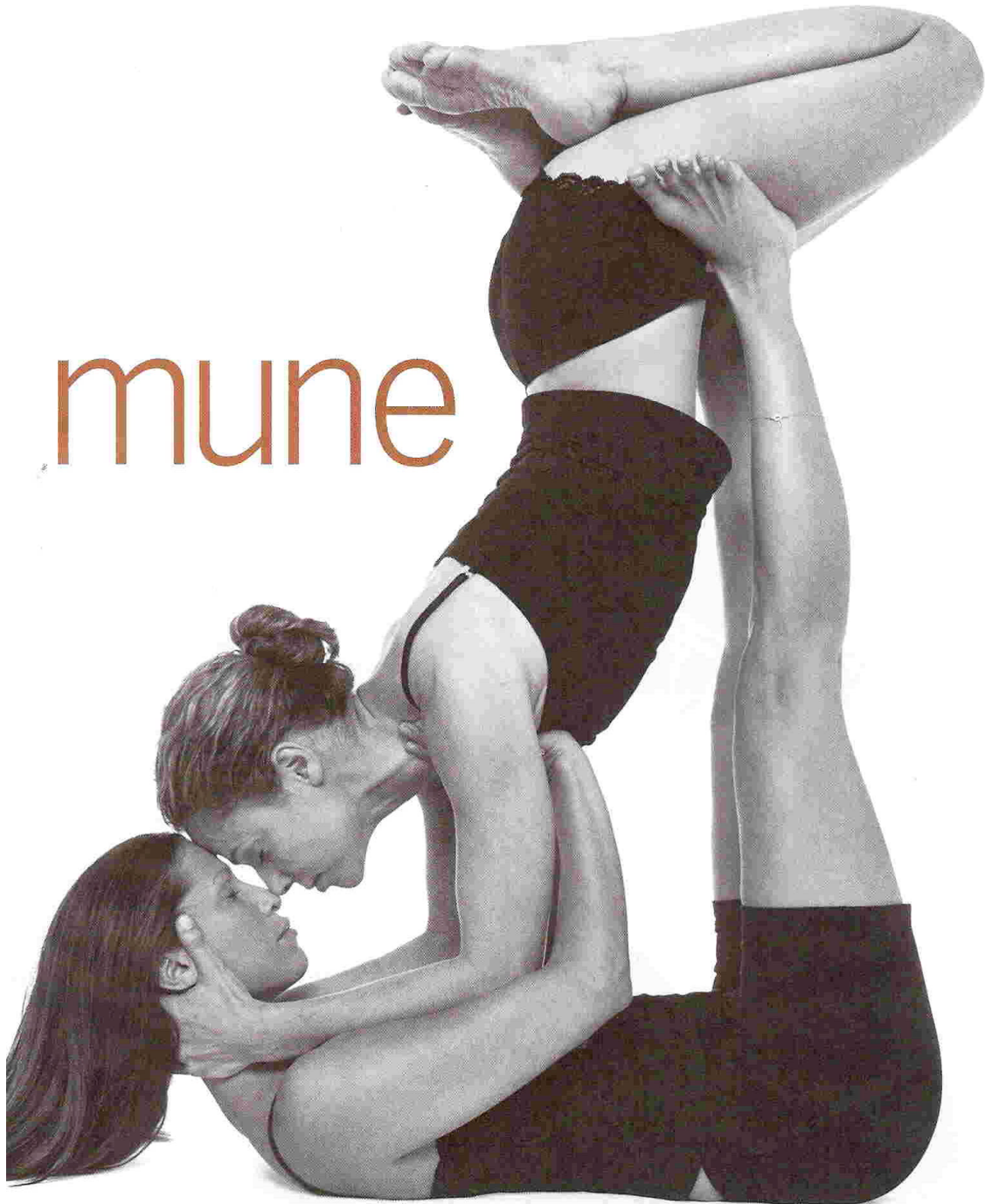


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mune

FACING PAGE: JENNIFER GRANT & STEVE ROSS * THIS PAGE: RAINBEAU MARS (BELOW) & SEANE CORN



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ROD STRYKER & SEANE CORN



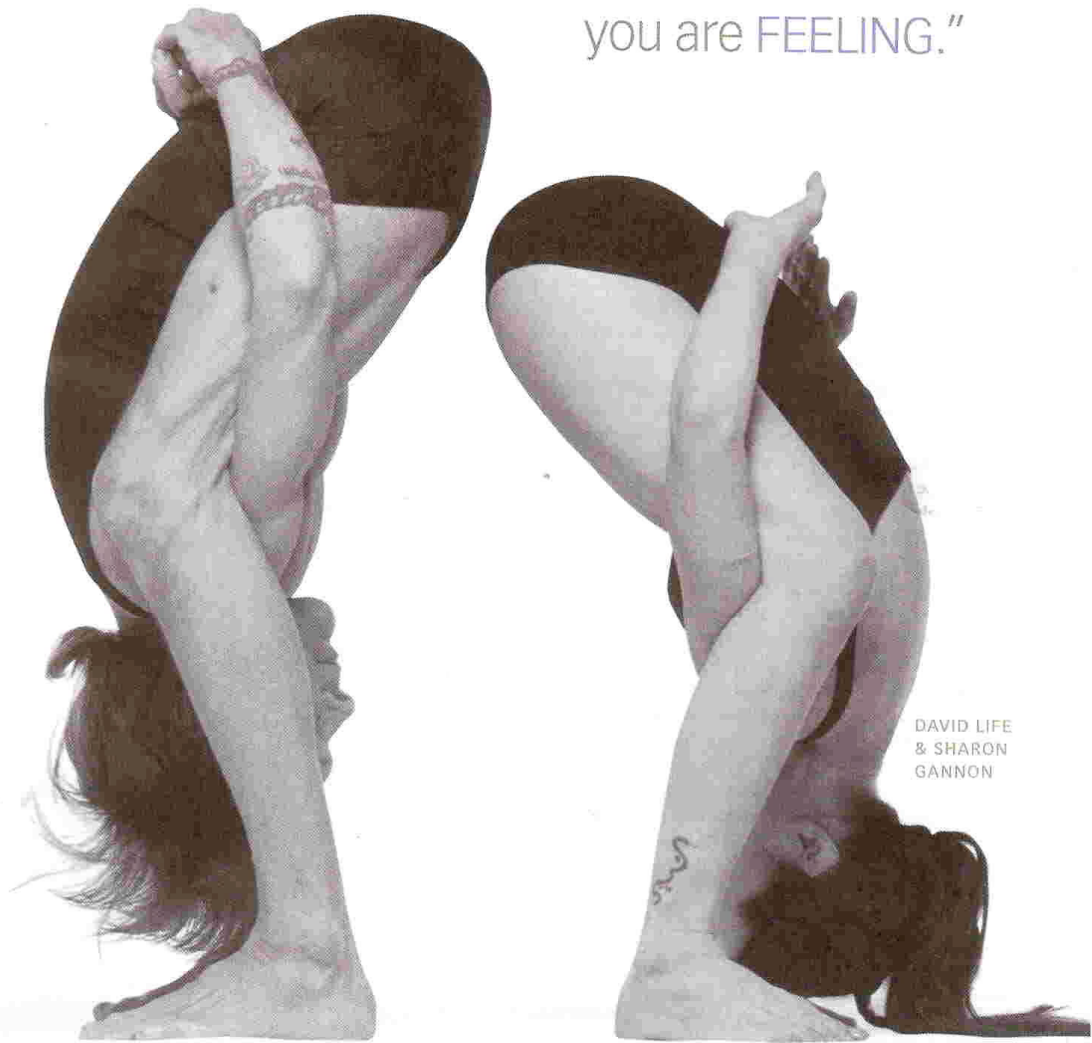
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“COMMUNICATION with your
PARTNER is not only about
what you are **DOING**
but also what
you are **FEELING.**”



DAVID LIFE
& SHARON
GANNON

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touch talk trust

1 LEARN YOUR PARTNER'S LANGUAGE. He or she may have a different way

of moving or speaking than you. As you learn each other's language, begin to create a common language for Contact. Words and phrases will spontaneously arise that describe certain feelings. Develop fluency in all levels of communication as well as your own language of intimacy. This will do wonders to build trust.

2 LISTEN, REFLECT, AND RESPOND. Take a moment of silence before you speak. Mirror your partner's words

or body language. Stay in the moment; this is critical. Let your partner know that she is heard and understood before moving on.

3 COMMUNICATE WHAT YOU WANT AND NEED DIRECTLY AND SIMPLY. Your partner will not know how to give it to you unless you speak up. Take the guesswork out of your practice. Say no immediately to anything that doesn't feel right. Don't be afraid to ask— it's far better than assuming. "Is it OK like that?" "Do you want more here?" "Are you ready for this?"

4 USE YOUR WORDS TO SHAPE REALITY, NOT TO NEGATE IT. Be precise; stay positive. You can say, "I like it

when you do that," rather than "Don't do it that way." Use your words to direct, not to criticize or limit your partner's energy.

5 MAKE LOTS OF NOISE. Don't be afraid to groan. Don't hold back. Sound moves energy through and releases pain and tension from your body.

6 BE QUIET. Once you've practiced for a while, spend a session without words, just communicating through your bodies. Or, in your relationship, spend a day in silence together. Or simply spend a day with a determined

commitment to avoid criticizing. For many couples, that change alone makes a big difference.

7 LISTEN TO AND TRUST YOUR BODY. The body doesn't lie. By having a practice that involves the body and reveals the ways your body connects, resonates, and speaks, core truths are revealed. Stay in communication with your body's needs, limitations, expansions, and fears. Communicate these inner nuances as best you can.

COMMUNICATION IN PRACTICE

So many of us find it hard to ask for what we want: a softer touch, a stronger presence, more honest communication, a moment of being heard or understood. And there are so many levels involved in communication. You can speak with your eyes, your body movements, your breath, your touch. The most obvious communication is with words, but if your body is arched over mine, there is also the communication of the tension you hold in your muscles and the energetic presence that's present or missing in your body. These subtle signals go on all the time beneath our awareness, but in Contact, we seek to make them conscious.

Learn to listen with all your senses. Even before words are spoken, check your partner's body language to see if she is ready and present. Look for the places that are blocked or hesitant, the places that need to stretch and release. Look for subtle movements and facial expressions, especially in the eyes, to see if there is fear or insecurity. Listen to the breath to better synchronize with your partner or to know when she is holding back. These things can then be brought into verbal communication—"slow down," "move a little this way," "feel my support," "relax your breath." This is the refinement that allows you to really align your energy with another.

Excerpted from *Contact: The Yoga of Relationship*, by Tara Lynda Guber with Anodea Judith, © 2006 Tara Guber. Published by Insight Editions. All rights reserved. Used with permission. At fine bookstores everywhere or direct from www.insighteditions.com.

Tara Lynda Guber is the founder of Yoga Ed., an organization dedicated to the development of health and wellness education programs and materials based on yoga and creative play. Anodea Judith is a leading authority on chakras and the author of Wheels of Life: A User's Guide to the Chakra System.



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