

4TH WORLD CHINESE MEDICINE, YOGA & MENTAL HEALTH CONGRESS

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I would love to do partner work and how to assist in a class setting

Tah groen
Yoga Teacher, USA

Working with a partner we will explore deeper expressions of our classic yoga poses, finding support both in strengthening and lengthening. The benefits of partnering up to practice are many. Yes! After building trust and confidence we will practice a bit of Acro Yoga. During the last hour, we discover the gem of partnering up; the ability to surrender completely in absolute trust with your partner. What comes up when we are the flyer or the base (the partner on the ground)? Hesitation, insecurity, fear that will guide you and your partner to encourage the focus on the key to a successful liftoff, emotional alignment; you will easily let go of doubt and insecurity. To find the sweet place of connection, to empower your inner voice and connect with confidence to your partner, building trust and stability to the clients.

Partner Yoga Benefits:

- Develops trust/intimacy with the partner
- Encourages balance and equanimity in Asana
- Stimulates alternative creative play in practice
- Develops deeper opening & clearing of energy lines in the body
- Facilitates synchronized Pranayama (breath awareness)
- (It is fine to come alone; we are confident there will be a perfect match for you)