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The Joy Of Partner Yoga

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Share the joys of yoga—and increase the benefits. The familiar postures of Hatha Yoga have renewed power and effectiveness when partners work together. Though all the asanas are touched upon, this comprehensive holistic program charts new ground in looking at a joint practice.

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Debbie, founder of Joy Of Yoga, believes that Yoga is an unique way to bring breath and movement together. It is way more than a physical exercise. "If you can breathe, you can practice Yoga" Debbie is passionate about teaching beginners and introducing them to Yoga as well as showing them that neither age nor language matters.

~~Yoga Class | The Joy of Yoga | England~~

Group and Individual Yoga Classes in Gloucestershire. The Joy of Yoga offers group classes and individual yoga tuition and/or therapy in Gloucestershire, regardless of age, level of flexibility, strength or balance, gender, culture or religion. Group classes are held in Stroud, Gloucester and Dursley areas. Yoga for pregnancy, the workplace and schools are also offered.

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Here are five benefits of practicing partner yoga. It connects and relaxes us. Partner yoga cuts through our normal ways of relating and brings us more easily and directly into the heart. The touch and physical connection have an immediate relaxing effect that calms the mind and nervous system. It supports our yoga practice.

~~Five Benefits of Partner Yoga, On and Off the Mat | Kripalu~~

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Pick a partner to help you enjoy new poses and deeper stretches. Friends, family, and lovers welcome!! This is a practice for all who are looking to explore their bodies, connect with their loved ones & try new things. Let this be a loving time dedicated to receiving the joyous support we all need the most during these changing seasons.

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