

Yoga For Connection

Poses for creating connection

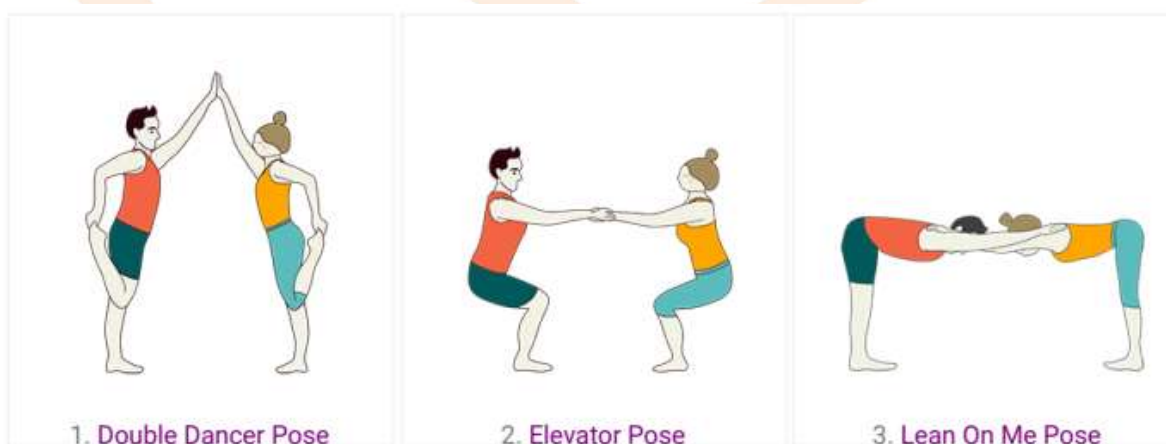
One great way to create connection during a yoga practice is through partner poses. You might get some inspiration from the Teen Yoga Mood Cards, which includes some poses for ‘connection.’



If you don't have a set of Mood Cards, you might want to consider buying one. It is a set of 16 cards to help young people shift mood states as stated on the cards themselves. The cards are designed to be used together for a teen yoga class or they could also be used for the basis of a class.

Some of the other cards include, post-exam; regulate; express; balance; and others. Click [HERE](#) to order your cards.

Here are some other poses to create connection:





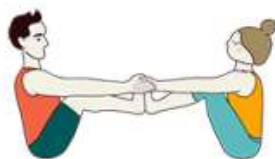
4. Warrior Friends Pose



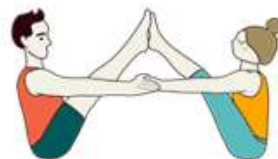
5. Back To Back Chair Pose



6. Double Boat Pose A



7. Double Boat Pose B



8. Double Boat Pose C



9. Open Heart Pose

If your space doesn't allow for partner poses then connection to breath is always a good option!

