

Yoga for Friendship

Friendship Yoga Practice

Partner poses are a great way to create connection, develop trust, experience familiar things in an unfamiliar way and it helps you to become a better communicator. However, with Covid still very present in our day-to-day life, partner poses might not be the best option for your class. How about trying something a little different?

Lisa Harwood, a Teen Yoga Foundation teacher, has put together a 'mirror' practice as a way for teens to practice as partners but in a slightly different way. Here are her suggestions.

Let's have fun in our yoga practice. In pairs, place your mats length wise, opposite each other, ensuring there is adequate distance between the mats. Each person takes it in turn to design their own yoga flow and the other person follows. It's as if the person following is the mirror image of the person leading the poses. This sequence can be imaginative, spontaneous and fun. Be creative!

If your yogis are feeling a little shy and need some inspiration, you can suggest they follow the following sequence:

Stand in **Tadasana** (Mountain Pose) with hands at chest height in namaste position

Lean forward into a **Warrior III**

Releasing hands to touch the floor and move into **Standing Splits**

Move into **Half Moon** pose by reaching one hand upwards towards the ceiling and allowing your body to open up

Bring both hands and feet onto the floor and move into **Downward Facing Dog**

Bring your knees onto the floor and move into **cat pose**

As you push your spine into a 'scaredy cat,' move your bottom back towards the heels and come into extended **Child's Pose**

From Child's Pose, come to seated with hands at chest height in namaste position and take a few deep breaths together, keeping a steady gaze towards one another and maybe sharing a smile 😊

Once the practice has finished, you might want to discuss the experience with your yogis.