

Valentines Yoga: All You Need Is Love And Yoga




Image	Pose	Description
	Heart Openers	
	Mountain	<p>Stand with feet hip-width apart. Tuck chin in. Legs slightly bent. Shoulders back and down.</p> <p>Benefits: Improves posture and concentration. Strengthens legs. Engages core. Strengthens your thighs, knees, and ankles. Firms your abdomen and buttocks. Relieves sciatica. Reduces flat feet.</p> <p>Video: https://www.youtube.com/embed/nwiyZSmfpWY?rel=0</p> <p>Modifications: A) Palms together in prayer mudra behind the back. B) Hands raised over your head. C) Eyes closed. D) Samashtithi (feet together). E) Feet hip-distance apart. F) Rock gently back and forth and side to side. G) Block between the thighs. H) Palms together in front of the chest in prayer mudra. I) Interlace fingers and extend arms straight in front of you (shoulder stretch).-</p> <p>Precautions : Avoid locking the knees out (allow your knees to soften).</p>
	Mountain Palm Lock	<p>Stand with feet together. Interlock fingers behind back. Straighten arms and lower shoulders. Raise hands and bring shoulder blades together. Gaze up. Feel chest opening. Hold.</p> <p>Benefits: Deepens breath. Stimulates thyroid gland. Opens chest. Improves posture.</p> <p>Video: https://www.youtube.com/embed/2HTvZp5rPrg</p>




Image	Pose	Description
	<p>Standing Backbend Arms Up</p>	<p>Start in Mountain. Raise arms overhead. Squeeze thighs and buttocks. Press hips forward and slowly arch back. Keep legs and buttocks engaged.</p> <p>Benefits: Stretches sides of torso, spine. Stimulates abs.</p> <p>Video: https://www.youtube.com/embed/Sjnsyy-sPBc</p> <p>Modifications: Drop head back.</p> <p>Precautions : Back or neck injury.</p>
	<p>Five Pointed Star</p>	<p>From standing (Mountain), step feet out wide. Arms out to side. Palms face down. Press weight into feet. Straighten legs and squeeze thighs. Tuck tailbone. Feel legs rooted into floor. Reach out through fingertips. Relax shoulders down and back. Open chest. Reach crown of head up to ceiling. Look straight ahead (chin parallel to floor). Inhale into belly and chest. Exhale press into feet, fingers and crown, feeling body expanding out in 5 directions. To release, bend knees and step into Mountain.</p> <p>Benefits: Lengthens, opens and energises whole body.</p> <p>Video: https://www.youtube.com/embed/2NJTEy88vUo</p> <p>Modifications: Place hands on hips.</p>
	<p>Fig Tree</p>	<p>Stand in Mountain pose. Inhale, lift left leg behind. Raise right hand. Raise left arm to the side, and turn left palm towards floor. Hold. Return to start. Repeat on other side.</p> <p>Benefits: Increases blood circulation. Boosts energy levels within the entire body.</p> <p>Video: https://www.youtube.com/embed/279RwV8g-D8</p> <p>Modifications: Bring raised foot into Tree pose position.</p>




Image	Pose	Description
	Crescent Moon	<p>Kneel with knees hip width apart. Keep back straight. Step forward with right foot. Foot extends slightly past knee. To increase stretch in hip, bend more on right knee. Raise both arms and bring palms together. Look forward. Focus attention on one point. Hold. Release.</p> <p>Alternatives: High Lunge.</p> <p>Benefits: Stretches legs, groin, hip flexors. Strengthens thighs, buttocks.</p> <p>Video: https://www.youtube.com/embed/2pCcmxQSETc</p> <p>Modifications: Move between bent and straight leg. Look up.</p> <p>Precautions : Knee injury.</p>
	Cat Cow	<p>Sit with buttocks on heels. Come onto all fours. Wrists under shoulders. Pull navel into small of back. Inhale while raising head. Exhale, while lowering head and arching spine up like a cat. Repeat.</p> <p>Benefits: Stretches lower back. Engage core. Decompress spine.</p> <p>Video: https://www.youtube.com/embed/kqnua4rHVVA</p> <p>Modifications: Knee to chest. Raise leg or arm.</p> <p>Precautions : Neck injury.</p>
	Camel Namaste	<p>Kneel on floor, feet hip width apart. Bring palms together in Namaste. Lift chest and curve spine. Gently lead head backwards while engaging core. Thighs remain perpendicular to floor.</p> <p>Alternatives: Camel. Half Camel.</p> <p>Benefits: Stretches ankles, thighs, groin, abs, chest, throat, psoas.</p> <p>Video: https://www.youtube.com/embed/-xfxwRTobUM</p> <p>Modifications: Arms up.</p> <p>Precautions : High or low blood pressure. Back or neck injury.</p>



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	Child	<p>Sit on heels. Walk hands forward until forehead touches floor. Arms alongside legs. Alternatives include: Child with head on bolster. Child with bolster between legs. Child pose with arms extended. Child with hands on back. Child with cheek on mat. Child with leg raised and arms extended.</p> <p>Benefits: Stretches hips, thighs, and ankles. Relieves back pain.</p> <p>Video: https://www.youtube.com/embed/qYvYsFrTI0U</p> <p>Modifications: A) Interlock fingers behind back. B) Knees together (instead of separated). C) Curl the toes under (instead of flat). D) Place a rolled towel under your shins (take the stress off of your ankles). E) Place a yoga blanket underneath the knees for padding.-F) Place a folded towel underneath the knees for padding.-G) Place a bolster or pillow under your stomach or chest and stay for up to 10 minutes. H) Go deeper into the hip stretch by spreading your knees wider.</p> <p>Precautions : Pregnancy. Knee injury.</p>
	Upward Facing Dog	<p>From Cow Pose (on all fours in a tabletop position) drop hips forward toward floor. Press palms down into floor. Drop shoulders down and back. Press chest forward. Reach crown of head up to ceiling. Lift thighs and legs off floor by pressing tops of feet down and engaging mula bandha (a gentle upward tug in your perineum which is the space between genitals and anus). To release, bend knees and lift hips back to Cow pose.</p> <p>Benefits: Alertness. Patience. Transformation. Confidence.</p> <p>Video: https://www.youtube.com/embed/tbh0qyLJRal</p> <p>Modifications: A) Block under hands. B) Tuck toes under to lift legs higher. C) Sphinx pose.</p>

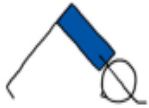


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	Downward Facing Dog	<p>Start in Mountain. Forward bend. Step feet back one at time. Lift buttocks. Lengthen spine. Press down through heels. Tuck chin in. Look at feet. Release jaw.</p> <p>Alternatives: Dolphin.</p> <p>Benefits: Stretches spine, hams, shoulders. Calms nervous system.</p> <p>Video: https://www.youtube.com/embed/ayRU3ecmPbl?rel=0</p> <p>Modifications: A) Use a wall. B) Head on a block. C) Leg up. D) Arm up. E) Wide stance.</p> <p>Precautions : Pregnant. High blood pressure. Headache.</p>
	Child	<p>Sit on heels. Walk hands forward until forehead touches floor. Arms alongside legs. Alternatives include: Child with head on bolster. Child with bolster between legs. Child pose with arms extended. Child with hands on back. Child with cheek on mat. Child with leg raised and arms extended.</p> <p>Benefits: Stretches hips, thighs, and ankles. Relieves back pain.</p> <p>Video: https://www.youtube.com/embed/qYVYsFrTI0U</p> <p>Modifications: A) Interlock fingers behind back. B) Knees together (instead of separated). C) Curl the toes under (instead of flat). D) Place a rolled towel under your shins (take the stress off of your ankles). E) Place a yoga blanket underneath the knees for padding.-F) Place a folded towel underneath the knees for padding.-G) Place a bolster or pillow under your stomach or chest and stay for up 10 minutes. H) Go deeper into the hip stretch by spreading your knees wider.</p> <p>Precautions : Pregnancy. Knee injury.</p>
	Pelvic Floor Exercises	


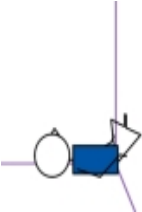
Image	Pose	Description
	Squat	<p>Stand upright with back straight. Feet shoulder width apart. Feet at 45 degrees. Bend knees. Squat as if you are about to sit on an invisible chair.</p> <p>Alternatives: Horse pose.</p> <p>Benefits: Hip opener. Strengthens thighs, buttocks, hamstrings.</p> <p>Video: https://www.youtube.com/embed/IXpJEqssze8</p> <p>Modifications: A) Sit on the front edge of a chair. B) Folded blanket under heels. C) Lift all ten toes up. D) Bring arms to tops of legs and reach outward. E) Sit back against a wall like you are in a chair. F) Add a twist. G) Sit on a block. H) Roll a blanket and place it in the crease of both knees.</p> <p>Precautions : Knee injury.</p>
	Reclined Bound Angle Wall	<p>Lie on back close to a wall. Raise legs up the wall. Shuffle hips until hips touch wall and legs are straight. Bend knees and slide feet down. Bring soles of feet together. Lower knees as much as possible. Use hands as leverage to press thighs against wall.</p> <p>Alternatives: Reclined Bound Angle.</p> <p>Benefits: Pregnancy. Stretches inner thighs. Opens groins.</p> <p>Video: https://www.youtube.com/embed/WAG-BtbWqdE</p> <p>Modifications: Bolster under back.</p> <p>Precautions : Knee injury.</p>




Image	Pose	Description
	Reclined Bound Angle II	<p>Lie on back. Legs extended. Arms by sides. Palms facing up. Bend knees to bring soles of feet together together. The outer (pinky toe) edges of feet rest on mat. Let legs fall open. Allow gravity to support weight of legs. Check in with your body. If hips and groin are feeling tight, take feet further away from body. If you're feeling more open, bring feet closer toward body to deepen the stretch. Relax shoulders away from ears. Extend arms behind head with palms together. Allow back body to sink deeply into the mat.</p> <p>Benefits: Stretches groin, thighs. Stimulates digestion. Relieves menstrual pain.</p> <p>Video: https://www.youtube.com/embed/fHrvDweT9W8</p> <p>Modifications: Arms by sides.</p>
	Bridge	<p>Lie supine. Bend knees. Set feet on floor. Heels close to sitting bones. Press inner feet and arms into floor. Push tailbone up. Lift buttocks. Clasp hands below pelvis.</p> <p>Benefits: Chest, neck, spine stretch. Reduces backache.</p> <p>Video: https://www.youtube.com/embed/EU2JS2Pm2EY?rel=0</p> <p>Modifications: A) Baby Bridge (raise up to a comfortable position). B) Bridge with a blanket under shoulders. C) Bridge with leg up. D) Clasp hands around ankles. E) Block below shoulders. F) Block, or bolster, below the lower back. G) Feet close to a wall to prevent slipping.</p> <p>Precautions : Knee or neck injury.</p>
	Partner Yoga	






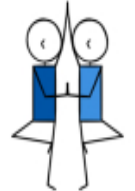


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	Engage Core I Partner	<p>Sit back to back with knees up. Use core, arm, and leg muscles to rise up to standing.</p> <p>Benefits: Core, arm and leg workout.</p> <p>Video: https://www.youtube.com/embed/cHilZvUCyo8</p> <p>Precautions : Back or knee injury.</p>
	Seated Twist Partner	<p>Sit cross legged, back to back with your partner. Reach arms up. Press into shoulder blades of your partner. Lower arms and bring palms together with your partner. Twist to right. Take hand to partner's thigh. Press down on your own thigh to give leverage to the twist. Repeat on other side.</p> <p>Benefits: Relief from sciatica, lower back pain and neck pain.</p> <p>Video: https://www.youtube.com/embed/y8IA_xtUjlc</p> <p>Precautions : Back injury.</p>
	Seated Side Bend Partner	<p>Partner A and B face each other in Wide Leg Seated Pose. Interlock right arms. Both A and B reach up with their left arm and bend to the side. Repeat on the other side.</p> <p>Benefits: Stretches sides of torso and spine.</p> <p>Video: https://www.youtube.com/embed/oEyCe0kniVg</p> <p>Precautions : Back injury.</p>
	Camel Partner	<p>Partner A and B face each other in kneeling position. Interlock arms and bend backwards.</p> <p>Benefits: Opens chest, spine, thighs. Strengthens arms.</p> <p>Video: https://www.youtube.com/embed/oS3zSrh7wE</p> <p>Precautions : Back injury.</p>

Image	Pose	Description
	Elevator Partner	<p>Stand facing your partner. Hold your partner by both wrists. Lean away so you're holding each other. Bend knees until you're fully in Squat Pose. Keep leaning away from each other. Straighten your legs to return to the start position. Repeat.</p> <p>Benefits: Strengthens arms, core, and legs.</p> <p>Video: https://www.youtube.com/embed/tNpZ9DZa9KI</p> <p>Precautions : Wrist injury.</p>
	Tree Partner	<p>Partner A and B stand side by side in Mountain Pose with hands in Namaste. Come into Tree Pose. Partner A and B bring right palms together. Partner A and B raise left arms up and bring palms together. Repeat on other side.</p> <p>Benefits: Stretches inner thighs, chest, shoulders. Balance. Sciatica.</p> <p>Video: https://www.youtube.com/embed/emGRHyG9yNY?rel=0</p> <p>Modifications: Stand with back against a wall if you feel unsteady.</p> <p>Precautions : Low blood pressure.</p>
	Heart Opener Partner	<p>Partner A stands behind B and holds onto their wrists. Partner B leans forward and opens their chest.</p> <p>Benefits: Strengthens arms, and core. Opens chest.</p> <p>Video: https://www.youtube.com/embed/iY3-sKjbeTc</p> <p>Precautions : Wrist injury.</p>
	Triple Hill Partner	<p>Stand facing partner about a foot apart. Raise hands overhead and touch palms with your partner. Walk backward until hips are over heels and foreheads are touching. Arch spines down with abdominals engaged. After a few breaths lower heads down, drawing chins to own chests. Hold. To release, walk feet towards one another.</p> <p>Benefits: Strengthens arms, core, legs. Stretches lower back.</p> <p>Video: https://www.youtube.com/embed/r0mtZ1ty-rl</p> <p>Precautions : Wrist injury.</p>

Lesson Plan Description:

This Valentine's lesson plan is filled with partner yoga exercises.

Partner yoga is good for cultivating "love" because it: enhances communication (involves listening to your partner's verbal and non-verbal cues), deepens the connection between the two of you, and is also a lot of fun. And because partner yoga helps to deepen the effects of yoga poses, you'll both be more flexible, which will make you better in the love-making department. So, what's not to love about partner yoga?

There are some heart-opening poses: [Upward-Facing Dog Pose](#), [Supine Star Pose](#), [Camel With Namaste Hands Pose](#), and [Standing Backbend Pose](#). There are some pelvic floor exercises to help with love-making: [Bridge Pose](#), [Squat Pose](#), and [Reclined Bound Angle Pose](#).

Pick a Love Quote to tune into while practicing Valentines Yoga:-

"Darkness cannot drive out darkness: only light can do that. Hate cannot drive out hate: only love can do that." ✎ Martin Luther King Jr

"Lovers don't finally meet somewhere. They're in each other all along." – Rumi

"The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart." – Helen Keller

"Without Valentine's Day, February would be...well, January." – Jim Gaffigan

"What the world really needs is more love and less paperwork." – Pearl Bailey

"When love is not madness, it is not love." – Pedro Calderon de la Barca

"All you need is love. But a little yoga now and then doesn't hurt."

"For it was not into my ear yoga whispered, but into my heart. It was not my lips you kissed, but my soul."

"Where there is great love, there is yoga in action."

"They invented yoga to let people know you love them without saying anything."

"Yoga, you are always new, the last practice was ever the sweetest."

"I'd kiss a frog even if there was no promise of a Prince Charming popping out of it. I love frogs. That's yoga."

"Roses are Red, Violets are Blue, My heart is Full of Love for yo...ga."

“Roses are Red, Violets are Blue, I’ve never met anyone as beautiful as yo...ga.”

You can create lesson plans like this using the [Genie Lesson Planner](#)