










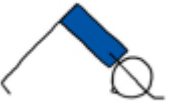



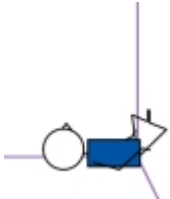




Valentines Yoga: All You Need Is Love And Yoga

 Heart Openers	 Mountain	 Mountain Palm Lock	 Standing Backbend Arms Up	 Five Pointed Star	 Fig Tree
 Crescent Moon	 Cat Cow	 Camel Namaste	 Child	 Upward Facing Dog	 Downward Facing Dog
 Child	 Pelvic Floor Exercises	 Squat	 Reclined Bound Angle Wall	 Reclined Bound Angle II	 Bridge



Partner Yoga



Engage Core I Partner



Seated Twist Partner



Seated Side Bend Partner



Camel Partner



Elevator Partner



Tree Partner



Heart Opener Partner



Triple Hill Partner

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](#)