

10 MINUTE

# PARTNER YOGA FOR CONNECTION



This sequence promotes presence, communication, and emotional closeness without needing words—just breath, touch, and attention.

BY FAY DWYER C-IAYT



# Introduction

Because life gets busy, it's easy to move on autopilot and lose connection—with your body and with each other. This 10-minute partner yoga practice offers a simple way to pause, share movement, and be present together. Through gentle stretches, mindful breathing, and supported poses, you'll move in sync, communicate without words, and create a sense of ease and connection. No yoga experience needed—just a willingness to show up, tune in, and move together.

# About Me



I'm a C-IAYT certified yoga therapist supporting individuals and couples navigating stress, anxiety, and significant life transitions. I have a particular passion for working with women experiencing the challenges of perimenopause and menopause.

My approach is grounded in nervous system regulation and evidence-informed practice, integrating therapeutic movement, breathwork, and embodied awareness to support meaningful, sustainable change. Together, we work toward greater steadiness, clarity, and resilience — not by pushing through, but by restoring balance from within.

*Fay*

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# 01 Centering

- Sit back-to-back on the floor or on yoga mats.
- Close your eyes and sync your breath: inhale together, exhale together.
- Feel your partner's back supporting you, feel grounded
- Bring your awareness to the present moment.
- Tip: Keep spine tall, shoulders relaxed.



*Why: regulation begins with feeling supported & feeling safe.*

1 minute



## 02 Align

### PARTNER SIDE STRETCH

- Still back-to-back, inhale arms up, exhale side stretch to the right.
- Inhale back to center, exhale side stretch to the left.
- Focus: Feel how your movements align, notice how your breathing flows together.

*Benefit: Gentle breathwork helps regulate internal pressure and rhythm, creating a sense of steadiness from within. Longer exhales signal safety to the nervous system.*



# Connection

## 03

### SEATED TWIST

- Sit back to back, legs crossed or extended comfortably.
- Hold each other's forearms or hands.
- Inhale to lengthen the spine, exhale, both twist gently to the left.
- Focus: Move slowly, and communicate through breath.
- Repeat both twisting to the right

*Why: Subtle engagement helps your body feel contained rather than scattered. This stage supports your ability to process stress rather than hold it. Small, contained movements restore a sense of agency.*

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2 minutes

# 04 Trust

## SUPPORTED FORWARD FOLD (TRUST EXERCISE)

- Sit back to back, legs out or crossed (whichever is most comfy) link arms, one partner leans backwards.
- The other folds forward to support their partner's gentle back bend
- Take turns folding forward and to support and leaning back to feel support.
- Focus: Trust, grounding, and feeling support from each other.



# 05 Open Heart

## HEART-TO-HEART CHEST OPENER

- Sit facing each other, knees touching if comfortable.
- Place palms together at heart center.
- Lean slightly forward, opening chest toward your partner.
- Focus: Breathe into each other's presence. Feel emotional connection through physical closeness.



*Note: Softening the chest reduces stress, improves your posture and supports calm.*

2 minutes

# 06 Gratitude



## CLOSING BREATH & GRATITUDE

- Sit comfortably, hold hands if desired.
- Take three deep, slow breaths together.
- Share a silent or spoken “thank you” for this shared practice.
- Tip: End with a gentle hug or forehead-to-forehead moment to reinforce presence.

*We close by being in the present moment — being here now — allowing the brain to register safety and completion.*

1 minute

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# Conclusion & Next Steps

## OPTIONAL ENHANCEMENTS

- Play soft, calming music in the background.
- Dim lights or practice near a window for natural light.
- Keep a soft cushion or bolster for added support during forward folds.

You don't need an hour, perfect flexibility, or a quiet retreat—you just need ten intentional minutes and someone willing to meet you there.

This partner yoga reset is a simple way to enhance connection, support your nervous system, and create a shared moment of presence in the middle of a busy day.

Over time, these small pauses can shift how you respond to stress, deepen your relationships, and bring a greater sense of steadiness and ease. Start where you are, keep it simple, and let connection lead the way.