

***UNITY
PARTNER YOGA
TEACHER TRAINING
2012-2013***

A 6 day course exploring the many aspects of teaching
Unity Partner-Yoga in a fun and sacred way.



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Unity Partner Yoga™

Partner Yoga for everyone

*A playful, restorative &
sacred practice of Yoga*

Unity Partner Yoga is a refreshing & fun way to reach a deep and profound connection with oneself & others.

Sharing our yoga practice with one or more others, allows us to access a wide range of experience, from trust & support to laughter and lightness! Through joint-asana, meditation and relaxation practices, we can access a sacred peace and stillness, whilst also feeling light and playful.

Appropriate for all ranges of experience, and all relationships from friends to partners, and children to pregnant women

***'Separate from yourself
that which separates you from others'
Rumi***

Unity Partner Yoga

With Sevanti

The practice accentuates lightness and spaciousness within the body, as well as Mind & Spirit. Just as we are often able to drop deeper into stillness when receiving adjustment from a good Teacher, the supportive/weight bearing positions offered in Partner Yoga allow us easier access to our inner reservoir of peace & freedom.

Through joint- back/forward bends, spirals, inversions and balances, we can gain more strength, balance, endurance, elasticity and fluidity. By allowing another person to guide us deeper into our individual possibilities, we often reach new realms of openness and softness. We share the give and take of being active or passive in a pose, and understand more about alignment and safety. We can learn so much by assisting our Partner, often find ourselves in a range and depth of asanas we do not easily experience alone. We can also become more conscious of caring communication. All of these aspects help with how we relate, by being authentic and responsive to our own needs, whilst recognizing and allowing space for the requirements of another.

Practicing with a Partner raises the necessity of clear and honest communication and feedback. Not only must one be responsible for oneself, but equally, we can expand our awareness and sensitivity to our Partners needs too.

Partner Yoga emphasises trust and surrender, it allows us to be held & honoured. It is a respectful practice, which reminds us of the true meaning of Yoga, to connect and rest within the divinity, which resides in us all.

Whether you wish to experience Yoga with another to deepen and encourage your physical abilities; to refresh or share your usual self-practice; or to discover new realms of intimacy and connection, Unity Partner-Yoga allows a unique experience each time, depending on with whom you are practicing and whether the connection is more tender, or more dynamic.

Yoga can be awakening, explorative and fun, working with a Partner seems to effortlessly open the doors to lightness and depth simultaneously. Although the practice is deep and meditative, there is also plenty of opportunity to result in entangled giggles too!

One may practice with a friend, relative, partner/spouse and with Children, and usually when practiced with someone unknown, there is a profound connection. This is because of course, in Yogic terms we are all essentially a part of each other. Where some cultures refrain more from physical contact and connection, Partner Yoga offers a sacred and fun way to connect with the whole of the community. It can also be practiced in trios and larger groups, and is appropriate for ages and levels of experience. We also choreograph sequences together, which become a unique and personal way to experience our own interpretation of Partner-Yoga.

In addition to this general practice of Unity Partner Yoga, variations can be made for a wide variety of Practitioners, to ensure that this form of moving meditation is

inclusive of everyone. Even if there are acute or chronic limitations on the body, the depth of experience of this practice is equally as deep and peaceful. Partner Yoga works very well with children. Two children can practice together, or a child with a parent. From an early age, toddlers love to copy adults and to join in and share the fun! Many of the simpler Asanas can be adapted for children, and as with general yoga classes for little ones, we can use the poses to mimic animals and archetypes.

Partner Yoga can also be incredibly sacred and profound for lovers, and the trust gained in Partner Yoga can be extremely beneficial in romantic relationships.

We practice simple meditations, pranayamas, mantra and trust exercises before weaving our way through a range of asanas, which may be gentle, or more advanced to offer something for everyone. We complete our practice with relaxation and Yoga Nidra, precluded by partner-massage if desired.

It is important to note that in this practice of Yoga, we are not simply trying to create aesthetic shapes. Instead, the beauty of Partner-Yoga is a bi-product of the organic awareness of movement within the body. This inner meditation and authentic movement is then expressed externally through Yoga in Unison.

The message of Unity Partner Yoga is to gain deeper connection with our Self through the presence of another. Ultimately, by connecting with Others in this way, we can gain an expansion of awareness from Self to Selfless, expanding our hearts and encouraging a profound loving connection to the world around us.

Ultimately, Unity Partner is a fun way of practicing Yoga with a Friend or Partner, which not only compliments our usual self-practice, but enhances and deepens it on a physical and spiritual level. It is also a great way of working with a group of people and feeling the underlying message of Yoga – true connection and union.

Unity Diploma in Partner Yoga Teacher Training (IYN)

Post graduate certified Diploma for Yoga Teachers

**A 6 day course exploring the many aspects of
teaching Unity Partner Yoga in a fun and sacred way.**

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This Teacher Training is open to Teachers and Yogic Practitioners of 3+ years, although a certificate recognised by the IYN is presented to existing Yoga Teachers only.

Therefore, whilst others are very welcome to book on to this course for enjoyment and experience, there will not be a certificate awarded enabling the Student to teach Unity Partner Yoga unless they are already a certified Teacher. There is one exception, which is where a valid general Yoga Teacher Training Diploma is achieved within 2 years following this 6 day course.

The 6 day course offers an extensive range of Partner Yoga Asanas, however the focus of this course resides deeper in Trust, Presence, Authenticity, Connection, Giving & Receiving, Nurturance, Acceptance and Surrender. Unity Partner Yoga is a sacred practice, and once the foundation of trust and support is established, then it is also a gateway to a much lighter form of yoga with plenty of fun and laughter too! It has the capacity to heal us on so many levels, and aids us in understanding more about who we are and how we relate,.

As with Sevanti's Yoga Teacher Training Diploma, this course is recognised by the IYN, which permits the certified Student to teach Unity Partner Yoga within their classes, or as separate workshops.

Coursework & Assessment:

Partner Yoga Classes must be designed and taught as 2 hour sessions each week for 6 weeks. These classes are then documented in details and submitted on the 5th day 6 weeks following the initial 4 day course. An assessed class of 30 minutes is then presented on the final day.

Each of the first 4 days of the course comprises of the following:

A daily class, led by Sevanti (for individual practice)
Group sharing
Partner-listening
Theoretical investigation into the meaning of Unity, and the concept of Partner Yoga
Practical exploration & understanding
Relaxation

Teaching modules:

Meditation
Pranayama
Mantra
Tantric exercises
Trust exercises
Improvisation of duo-yoga (mirror/contact)
Partner Yoga Asanas: Warm ups, seated, standing, inverted, balances
Choreography of a Partner Yoga sequence
Partner-Massage (Seated/Thai-based Acupressure, Holistic Oil Massage)
Partner-Relaxation (Energetic healing and passive movement)
Yoga Nidra
Teaching Trios, quartets and larger groups
Partner Yoga for Friends, Romantic Partners, Family Members & Children
Partner Yoga for Pregnancy
Variations to suit all ages and abilities

Safe Practice
Class/workshop planning

The 5th & 6th day of the course follows 2 months after the initial 4 days, as a progressive module, and to present their classes and hand in their coursework (Teaching 6 weeks of Partner Yoga 2 hour classes)

Location Unity Studio, Lewes Road, Brighton

9.30am-6pm daily
Dates: 2 courses per year (Group A/B)

A: 21-24 June 2012
2/3 July 2012 – Final module & Group Exams

B: 17-20 January 2012
8/9 March 2013 – Final module & Group Exams

How does Partner Yoga fit into the 3 main Yamas of Yoga?

Ahimsa

Partner Yoga is naturally an act of non-violence, and non-injury by its very essence. The purpose of this practice is to experience a sense of consciously connecting with Oneself and Others, through love and acceptance. This work promotes nurturance rather than hostility, and surrender rather than attack.

The power of Partner Yoga can unite people to shed judgements, infringing beliefs, and fears and meet one another in a fresh, respectful and loving way. In this sacred place of trust, the Partner becomes a mirror of Oneself and we are able to glimpse the true meaning of ultimate oneness. Thus, we are not reliant or needy of the other, but their reflection and presence assists us to go deeper into One's own true nature.

Satya

This form of Yoga is very much about a genuine meeting between two or more people; to connect with honesty and ultimate truth of who we are and all of our present/past experiences. From the initial eye contact and energy sensing, we are invited to present all that we feel, sense and think to our Partner, and in turn to truly accept what we perceive with no judgements. Love eradicates all of these changeable thoughts and feelings, and the heart is where we connect in Partner Yoga. This in turn, helps us to recognize our own self-deceptions, and how to shift inwards from this suffering to Self-love and acceptance.

Svadhyaya

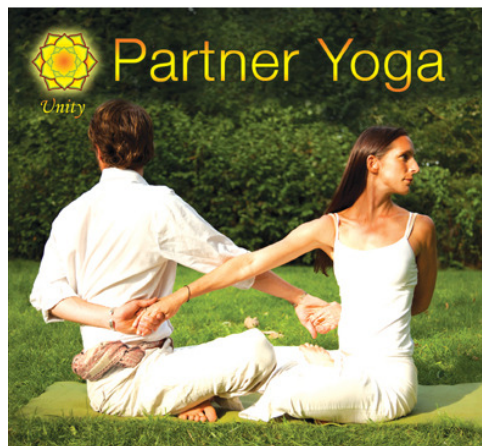
This practice allows us to study our true nature, via one or more other yogic practitioners. Often it is easier to go deep within via the empathy, support, recognition and illumination of another.

Ultimately the Partner walks side by side with us on our own journey, revealing, through the nature of this deep and sacred practice, glimpses of our inner peace and truth. Partner Yoga makes the time to get to know Oneself better, by how we relate with others, how we support and receive in life. The practice challenges us to stay true to our own needs, while being present and nourishing for another. This course will also dip into The Yoga Sutras of Patanjali further, to fully grasp the ultimate understanding of the Yogic principles through this profound practice. Partner Yoga is equally fun and light hearted, which makes it very accessible and enjoyable for a wide range of people.

This Diploma is in essence a path to gaining deeper self-discovery, for One's own personal journey, and as a wonderful technique to help others do the same. It is vital that Teachers of Unity Partner Yoga are trained to be rooted in their practice, and that they feel passionate and eager to help others connect more deeply with themselves through Partner Yoga.

Resources:

Unity Partner Yoga DVD



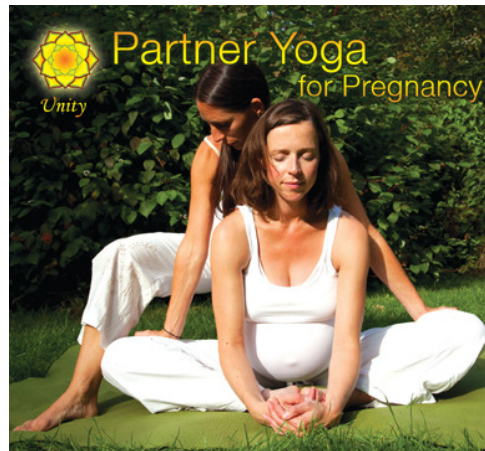
This DVD contains a wide variety of postures to be shared with a yoga Partner, with variations to suit all levels of experience and ability. It is ideal for friends, partners & families.

A Partner Yoga sequence opens the practice, to illustrate how forward & backbends, spinal twists and balances can be woven together to form a graceful and unique yogic dance.

Partner Yoga practice for 3 or more people is also shared, and a massage and relaxation section including a restorative 'Yoga Nidra' journey completes the practice.

Practical recommendations and advice is given, to ensure optimal safety and well-being.

Unity Partner Yoga for Pregnancy



This DVD is an ideal way for the Mother-to-be to feel supported and honoured at this very special time. The Yoga Partner may be a friend, doula, family member or partner, and both practitioners are carefully considered, with variations offered where necessary. Therefore, all levels of experience, ability and stage of pregnancy are considered.

Practical guidelines and advice are given to ensure a safe and effective practice.

The DVD guides through gentle forward and backward bends, spinal twists, lateral bends and balances to alleviate aches and pains and to prepare the body for labour. Partner work is also shown with the aid of a birthing ball, and much of this work is helpful during the actual labour process too.

Gentle massage and relaxation techniques are shared, with a 'Yoga Nidra' guided journey to connect in deep meditation with oneself, and with the growing baby within.

Unity Partner Yoga Workshops

You may wish to join a one day workshop before committing to the 6 day Teacher Training – either for general use or for Pregnancy:

Day Workshops in Unity Yoga & Partner Yoga (as described above) follow the schedule below:

9.30am	Arrival, Tea & Welcome
10.00am	Meditation & Yoga
12.15 pm	Lunch
1.15pm	Partner Yoga for duos
2.30pm	Break
3.00pm	Partner Yoga for Trios and more
4.00pm	Partner Massage (through clothing)
5.00pm	Relaxation (Yoga Nidra)
5.30pm	Teas
6.00pm	Farewell

The workshops are welcome to absolutely everyone! Newcomers to yoga – please just inform Sevanti so that she is able to organise a partner with plenty of Yogic experience to assist you. Please also let her know if you have any ailment or are less able bodied, which may affect your practice.

Otherwise, regardless of your age and experience please do come along. You will be supported and well informed, with many variations and options available should you need a simpler/more challenging practice. No massage experience is necessary, and you do not need to bring a partner!

April 7th 2012

August 4th 2012

October 13th 2012

9.30am-6.00pm

Each day workshop costs £80

(Early bird price reduced by 10% if booked 1 month prior to workshop)

Please note that most Yoga & Partner Yoga Workshops on Saturdays are followed by a Massage workshop on the Sunday. The day Massage workshop is also open to complete beginners and the two complement very well as a wonderful restorative weekend. The whole weekend cost is reduced to £150

View **Massage Workshops** online for further information.

Partner Yoga for pregnancy

Supporting Mother, Welcoming Child

Unity Partner Yoga is particularly beneficial for the Pregnant woman to practice with a supportive partner (Either her Partner, Friend, Doula, or family member). All of the same benefits apply as mentioned within the general practice of **Partner Yoga**, however the practice offers a unique method of deeply connecting with the unborn child, during such a significant and intense time. The Mother-to-be can be supported in a unique and nurturing way, which acknowledges and honors her miraculous capacity to produce and give birth to, a new Human Being. Postures in Pregnancy Partner-Yoga focus on opening the hips, strengthening the legs, releasing strain and tension and relaxing the mind and body. This can optimise the enjoyment of pregnancy, and aids the preparation for labour. The birthing-partner is shown how to best support the birthing woman, using their own body, and a maternity ball which is often helpful in childbirth.

Unity Partner Yoga Workshops for Pregnancy schedule below:

9.30am	Arrival, Tea & Welcome
10am	Talk by a local Doula & Sevanti
11am	Meditation & floorwork practice
12.30	lunch
1.30	Working with a Maternity Ball
	Meditation & Standing poses
3pm	Partner Massage (Through clothing)
4pm	Relaxation & Yoga Nidra
5pm	Teas & Questions
6pm	Farewell

You are welcome to attend this workshop throughout your Pregnancy, although it is preferable and most beneficial towards the end of the 2nd trimester/beginning of 3rd trimester.

This workshop can aid you with wonderful exercises to practice at home in preparation for labour, and many of them work very well during labour itself. Please inform Sevanti of the stage of your pregnancy, your state of health & well-being and who you will be bringing as your Yoga-Partner. You may bring a friend, partner, family member or doula, and single Mothers are most welcome.

May 12th 2012

September 15th 2012

9.30-6pm

Each day costs £140 per couple, with a discount for single Mothers-to-be.
(Early bird price reduced by 10% if booked 1 month prior to workshop)

Unity Partner Yoga is a deep, restorative, playful and sacred practice of Yoga. It can awaken an inner oasis of deep peace, where we relate with another, and with our Self, through truth, trust and tenderness.

Sevanti