



UNITY
partner yoga™



Unity Partner Yoga Teacher Training

© Sevanti www.being-in-unity.com

A 6-day postgraduate diploma



*Practice with devotion,
Share with love,
Live your dream*

Unity Partner Yoga™
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Teacher Training

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Introduction

Partner Yoga is a mutually supportive practice, accessible to all. Namaste! Thankyou for your interest in this course.

Unity Partner Yoga™ focuses primarily on a sacred connection between two or more people, through meditation, yoga, movement and massage. The values of Unity Yoga are at the heart of this practice, to engage through pure awareness and authentic movement.

- We study natural movement, bodywork, yoga adjustments, breathwork and energetic awareness to support and prepare us for a deep, authentic investigation into Yoga.

Unity Partner Yoga™ is designed to be mutually beneficial rather than other practices, which may focus on one-person leading/supporting the other. Our goal is to journey deep into Yogic Asana rather than acrobatics (also a beautiful practice, just a slightly different direction to this approach).

Joining our practice with others allows us to work at an increased depth physically, emotionally, energetically and spiritually. This is subject to each individual being true to their own needs, receiving support and offering assistance to their partner/s, with neither losing their own centre. We practice in harmony with our unique abilities and needs to take us to a deep place individually and together.

The aim is for Unity Partner Yoga™ to be accessible and non-intimidating for everyone. There is a range of simple/complex postures, allowing the whole community to take part. The overall message is about Unity and connectedness, mutual well-being and support; not at all restricted to romantic partners, but for the whole community. *

It is liberating, compassionate and deeply centring.*

The fundamental aim is to bring people together through trust, acceptance, nurturance, laughter and love.

The light and friendly atmosphere supports us to dive deep into our yogic unfolding and awareness...

What is Unity Partner Yoga™?

A playful, restorative & sacred practice of Yoga

Unity Partner Yoga™ is appropriate for all ranges of experience, and all relationships from friends to partners, and children to pregnant women.

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.



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.

What is Unity Partner Yoga™?

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 recognising 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.



What is Unity Partner Yoga™?

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 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.

Unity Partner Yoga™ for Children

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.

Unity Partner Yoga™ for Couples

Partner Yoga can also be incredibly sacred and profound for romantic partners, particularly due to the focus on trust and presence.

Unity Partner Yoga™ for Pregnancy

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 labor.

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.

What to expect in a class

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 Yoga™ 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 Partner Yoga™ Retreats

Sevanti runs Yoga retreats in the UK and abroad, which include classes and workshops in Unity Partner Yoga™.

A week long retreat will revisit Partner Yoga a few times, to allow people to relax deeper into the practice each time.

Sessions may be aimed at adults only, or for families to practice together.



How Unity Partner Yoga™ relates to the 8 limbs of Yoga

On the course, we look closely at the 8 limbs, including the Yamas & Niyamas in relation to Partner Yoga.

Here is an example of 3 of these aspects and how they may be honoured through Unity Partner 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.

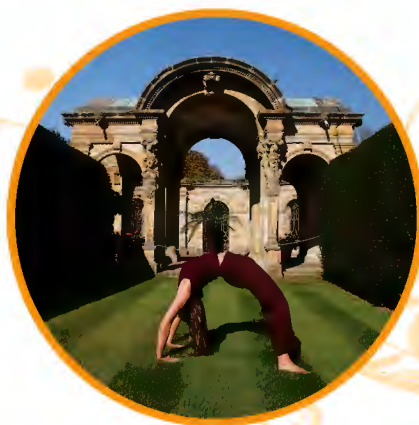
Svadhyaya

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.



*“Separate from yourself,
that which separates you from others”*

Rumi

Sevanti's journey

'The underlying foundation of organic movement, energy awareness and compassionate connection weave through the detailed syllabus with the goal of uniting all people through accessible practice.'

With more than 25 years' experience of yoga, dance and holistic treatments, Sevanti is committed to help provide the powerful life enhancing/changing benefits of yoga, dance, art, meditation, music, theatre and therapies to people of varying ages, backgrounds and ability. Sevanti opened the Unity School of Yoga, Massage and Dance in 2002, the Unity Studio, Brighton in 2012 and The Unity Centre, Lewes, in 2019.

Sevanti previously trained extensively in Dance, gaining a BA(Hons) in Dance Theatre at the Laban Centre, London. Her interest in authentic movement and meditative dance continued throughout her practice of 5 Rhythms and training in Biodanza. Her massage, bodywork and healing practice also contributed to a sacred and sensitive research into the relationship between mind, body, emotions and spiritual connection.

Sevanti grew deeply interested in working with others through movement and bodywork, and started exploring the connection of two people practicing Yoga asana together.

Her experience in contact improvisation, choreography, yoga, sufi and tantric practices became a melting pot for what emerged as Unity Partner Yoga™ back in 2002.

Since then, she has taught across the world and established the first Unity Partner Yoga™ Training Diploma (YTT) in Europe.

Sevanti is passionate about making Partner Yoga accessible, and ensuring that the practice remains sacred and meditative.

The benefits of Unity Partner Yoga™

- Accessible & adaptable to the whole community (all ages, abilities, relationships)
- Mutually connective & supportive
- Sacred & Meditative
- Fun & playful
- Enhances personal practice and relationship to all aspects of Self
- Generates a profound sense of connection & compassion
- Restores a sense of support & trust
- Centering and grounding
- Awakening and inspiring!
- UNIFYING

“Big thanks to Sevanti at Unity Partner Yoga for the excellent partner yoga training! And massive thanks to supportive classmates during the training too, I learnt something from all of you!”

Richard Brook



Syllabus Content

A six day Post Graduate Diploma

The course runs over 2 weekend Sessions (Thurs - Sat)

Session times: Thurs & Sat 09:00 - 18:00 - Fri 11:00 - 18:00

Adjusting

Meditation

Pranayama

Mantra

Yoga Nidra

Meditative Movement/ Dance

Energy work

Writing exercises

Relating & Trust (Co-Listening & Group Sharing)

Tantric exercises

Partner Massage (include Acupressure & Thai Massage, plus
Holistic Oil practice)

Partner Relaxation (energetic healing and passive awareness)

Yoga Philosophy; including the 8 Limbs & Unity Partner Yoga™

Why Partner Yoga is needed today

Teaching in various formats (duos, trios, groups)

Teaching the whole community (friends, partners, families, children,
pregnancy, the elder and less able bodied community etc)

Class & workshop planning

Safe practice

Business development & support

Manuals are given, offering a generous, detailed selection of Sevanti's
research and development.

Diploma Coursework & Assessment

The six day 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.

Assessment

- Teaching a 30 minute Partner Yoga Class (Practical Exam)
- Yoga journal
- Asana Charts
- Written assignments
- External weekly teaching between modules, with written feedback



To Consider

- As a student, you will be experiencing a powerful group journey together. We honour the yogic principles to create harmony and flow within the group.
- Our values underpin the flavour of the atmosphere that we create at Unity. Please read through these on our 'Core Values' section and feel if this in harmony with what you are looking for.
- In addition to the internal and external assessment, the student is also assessed informally throughout the course in practical application, in addition to theoretical input and general conduct.

It is important to realise that the student may not be able to graduate if these skills are not met. These skills are relevant to teaching, but also to the entire course in showing support and respect for fellow students, teachers and clients. These values are essential for a Yoga teacher.

We please ask that you attempt to:

- Show sensitivity to other people's needs and work with love and respect for one's surroundings, fellow students and teachers.
- Discuss problems in a mature manner, with sensitivity, attentiveness and kindness.
- Aim to be trustworthy, respecting confidentiality around personal information.
- Take care of oneself and others – Looking after one's own needs.
- Seek support when needed, from friends/family/therapists.

This course is a serious undertaking; a deep transformative and personal journey. Therefore we suggest a strong supportive network. Students are responsible at all times for their physical, mental, spiritual and emotional well-being. If you require external support we are happy to suggest various practitioners and therapists who may also offer you additional support.

- Demonstrate self-assurance - Adopting a positive standpoint of one's abilities and progress. Show confidence in oneself, with patience and awareness.
- Respect social reliability – To respect the schedule and the group by being on time. Respecting confidentiality and maintaining boundaries.
- Maintain a professional appearance – Caring for personal hygiene and tidiness, particularly when teaching a class.

• We kindly request that you;

- Ensure that you pay the required deposit, follow your payment plan and advise the correct member of staff if there are any problems with financial arrangements. Please ensure that you have sent the relevant forms to the Administrator before the start of the course.
- Honor that a signed contract is legally binding. It is therefore essential that each student fully intends to complete the course. Please think carefully about this commitment in terms of your time, energy and finances. All payments must be received regardless of whether the student leaves the course for any reason.
- To arrange own transport and accommodation if required, please note that there are options to board at Unity.
- To regularly check emails relating to the course, or inform Sevanti and the course administrator if you do not have access to the Internet.
- Punctuality is important with every aspect of the course including practical/theoretical sessions, exams and coursework. Missed sessions and lateness can cause disruption to the rest of the group and the Tutor. Please communicate with Sevanti or the session teacher ASAP if you are unable to come to a session or are running late.
- If a session is missed, to understand that a catch-up session will most likely be required, at an extra cost as indicated in the financial structure.

- Students must complete the set homework and course work before the set deadline and to contact Sevanti if there are any circumstances that may prevent the work being completed by the deadline.
- Download the correct manual before your session.
Please follow the guidelines regarding any practical and theoretical coursework and always ask your Tutor if there are any questions. .
- Ability to be sensitive to other people's needs - Working with love and respect for one's surroundings, and fellow students/teachers. Discussing problems in a mature manner, without allowing inappropriate feelings or behavior to intrude. being trustworthy, and respecting confidentiality around personal information.
- To inform Sevanti if you have incurred any injuries or pain, which may affect you continuing to study on the course.
- To complete payment before the graduation date.
We will be unable to release certificates until the full payment has been made.
- To use the Unity Partner Yoga™ name and branding when promoting the style of yoga.





UNITY Values

To Host with Warmth

We wish for all of our students, clients and visitors to feel welcome and honoured at Unity. We offer a homely studio which provides a nurturing, sacred and positive environment, for group and individual work

To Serve with Professionalism

We are proud of the high standard in our well-established professional trainings, classes and workshops.

We welcome other tutors and practitioners who work with a similar passion and commitment to their work.

To Work with Love

We deeply believe in the need for self developmental work and personal expression. We feel this work can thrive efficiently in a clear, loving and down to earth environment. We heartfully aim to work with fairness, respect and kindness to all.

To Improve with Enthusiasm

To maintain our inspiration and vibrancy, we are constantly working on exciting projects for the improvement and development of our premises, services and events.

We gratefully welcome all constructive feedback, and aim to deliver the very best standard possible.

To Unite with Affordability

We welcome a community of local and visiting people. We offer a fair price, with flexible payment plans available for those who require assistance.

*Practice with devotion,
share with love,
live your dream*

The Unity name

Upon graduation from this diploma, Students will be able to use the well respected and established Unity Partner Yoga™ title for their teaching practice, ie 'Unity Partner Yoga (TM)'. Qualified Students will also receive the specific logo/letters to accompany the branded title on promotional material and websites. Our practice and teaching style adapts over time, therefore 'Unity Partner Yoga™' could also be listed in the class summary if the Student feels they wish to take an alternative title which reflects a fusion of other yoga/dance/bodywork practices.'



"Sevanti's course was challenging, enriching and inspiring. It came at a pivotal time for me and prompted a change of career to dedicate my passion to this joyful and collaborative practice."
Cat Duval.

Practicalities

The venue for the course is:

The Unity Centre
35 Friars Walk
Lewes, BN7 2LG
01273 778400



For more information, or to book your space:
email us at, school@being-in-unity.com

Accommodation

There are many hotels/B&B's in the area. Please contact us, or the Tourist Information for further details.

Course Recognition

The course is validated by Yoga Teachers Together (YTT).

Open to All! No prior experience required. The course is perfect for Yoga Teachers, students or anyone drawn to explore connections.

Those on the course who are already yoga teachers, or are soon to be qualified, have the option to become a certified Partner Yoga Teacher upon successfully completing the coursework and passing the exam.

Should yoga practitioners (non-teachers) complete a standard Yoga Teacher Training course within 3 years following this diploma, they will then receive their Unity Partner Yoga certificate.

Alternatively, this diploma may just be enjoyed! In which case there would be no need to do the coursework or exam.



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