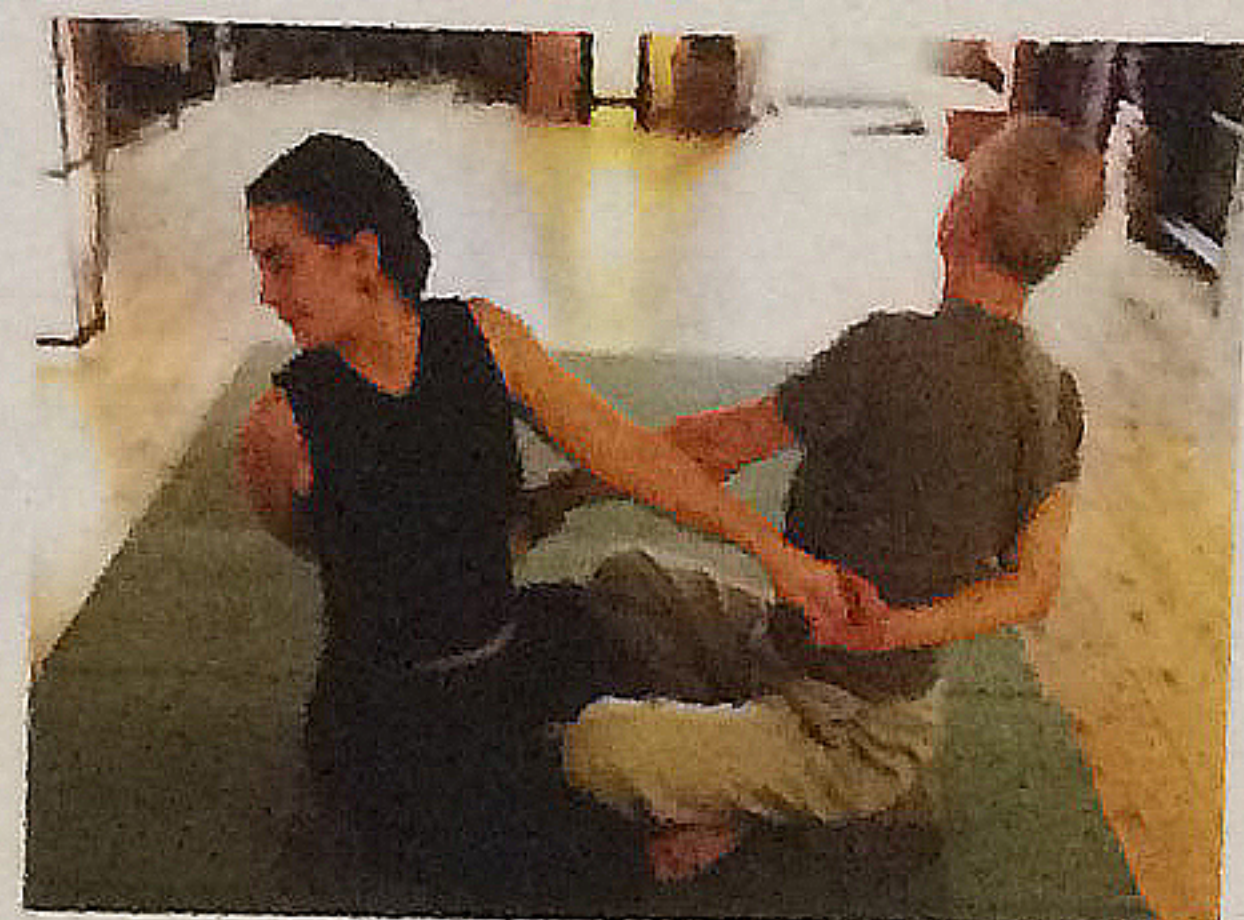
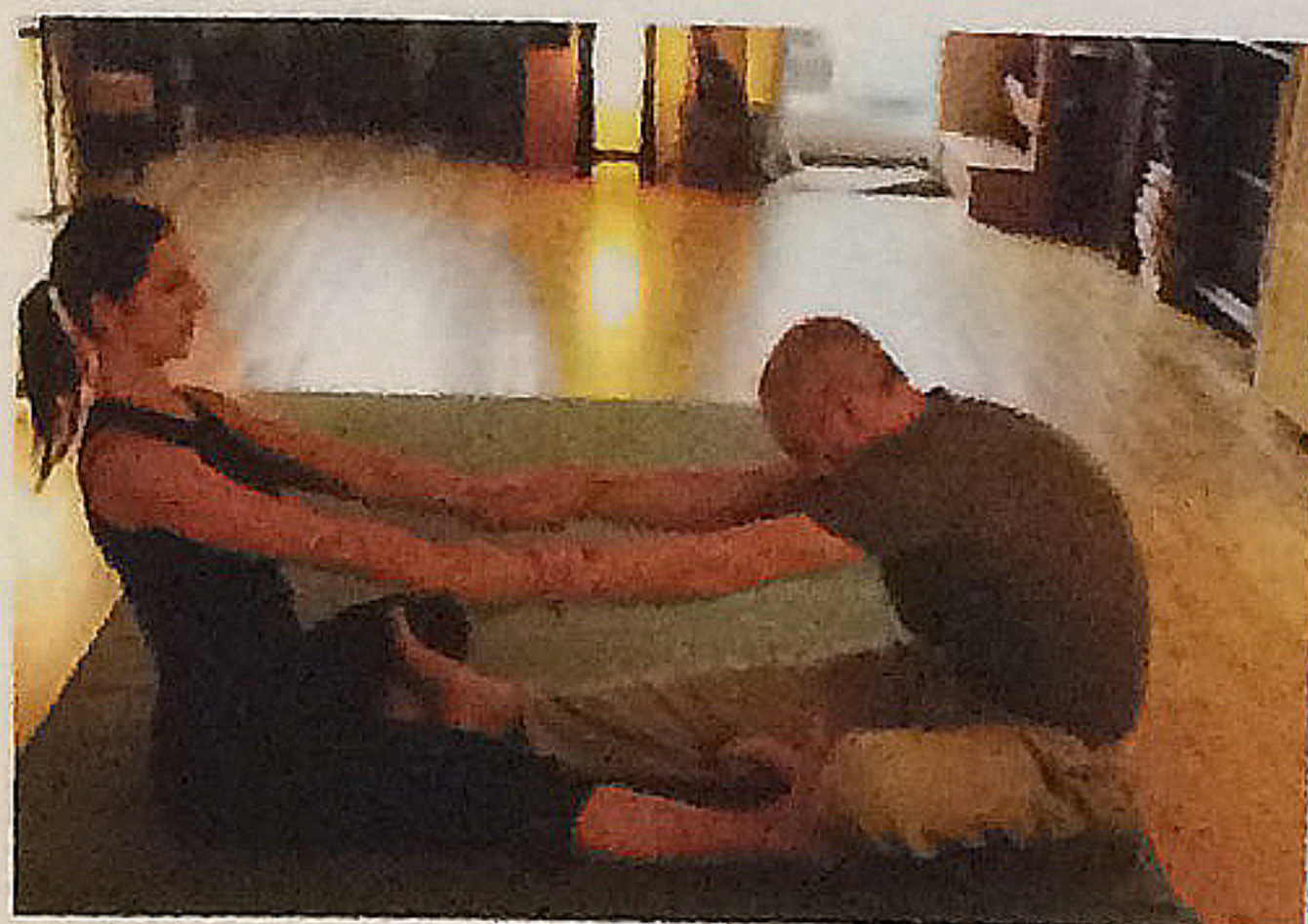
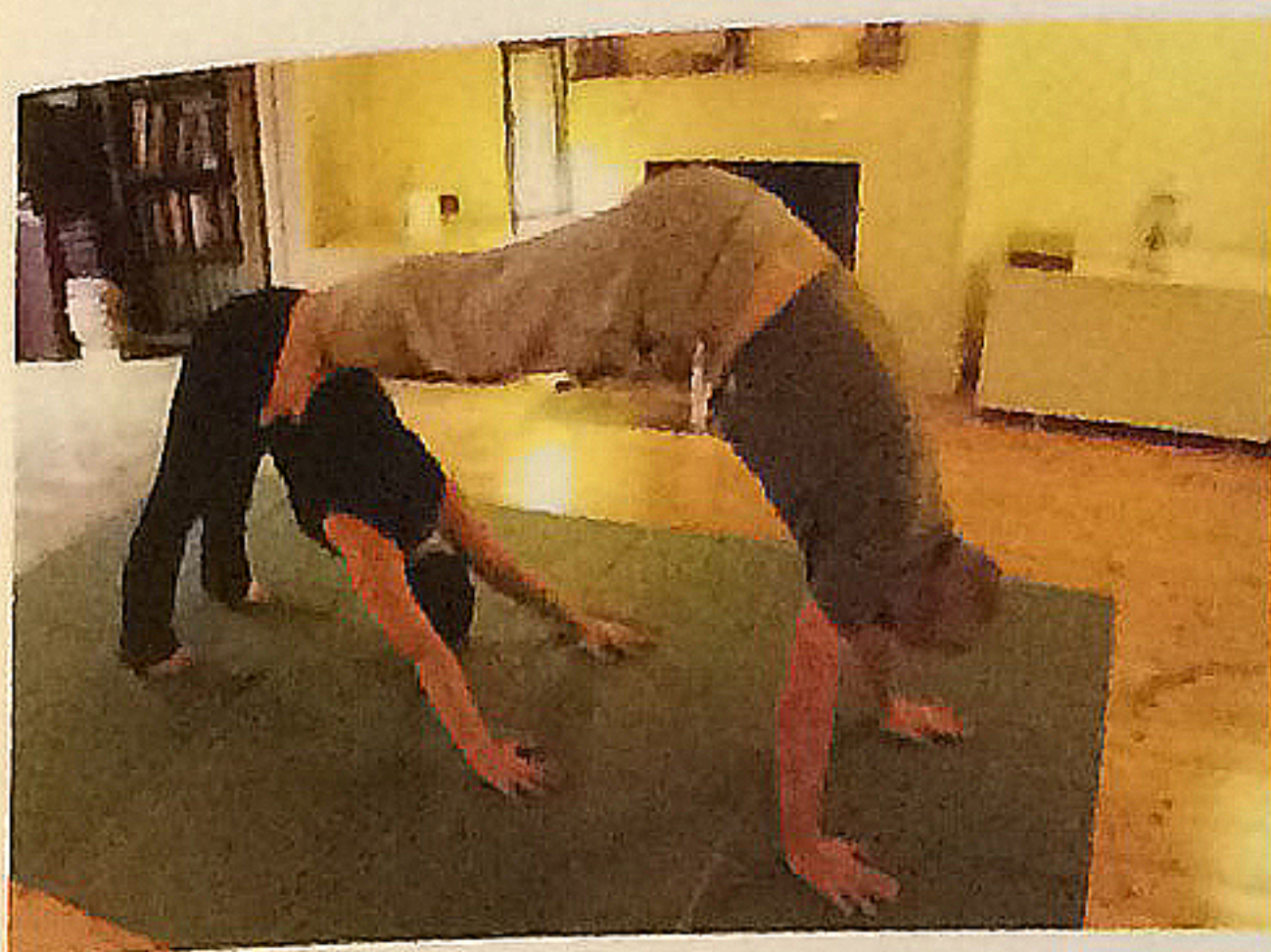


# Partner Yoga

*Yoga... with a partner*



The phone rings. It's the Viva Brighton editor. "Fancy trying out Partner Yoga?" he asks, knowing that I've never turned down an assignment, unless you count the confusion over the colonic irrigation session. But that's another story.

The following day I find myself admiring the new layout of the Vogue gyratory, before dipping down into the basement where the UNITY studio is.

I'm met by three women and a slightly blind dog at the door of a pleasant-looking and surprisingly large room. My instructor for the class is Sevanti, Director and Founder of the Unity Centre, who's been running Unity Partner Yoga since 2002. I'm also greeted by Vic, another qualified Asana yoga instructor, who is my official partner for the session, and Rosie, the centre's marketing manager, who's been given the tricky task of making me look good in the photos, with my legs in the air.

I'd be lying if I said I was flexible. My ligaments don't so much bend as snap, but I'm determined to give it my best shot. We start cross-legged on the mats, meditating. Sevanti then sits next to me and we lay a hand on the other's breast bone to enable synchronisation of breathing. Over the next few minutes we try a number of poses, and I soon feel relaxed. Nothing snaps.

Once I'm warmed up, Vic takes over, and we attempt more complex poses. Twenty minutes in, and I'm really enjoying it. Having partners who

know what they're doing clearly helps, whilst the challenge of attempting the more difficult moves appeals to my competitive side. A number of the positions are weight bearing, and I rapidly realise that yoga builds strength as well as flexibility because both of my partners are more than able to maintain the correct position and pose as I thrash somewhat aimlessly around.

I make it through the hour with no injury (to anyone) and the session, which, I'll be honest, I was initially nervous about, turns out to have been great fun, and much less difficult than I expected. Before I leave, I'm keen to attempt at least one of the more complex moves which Sevanti and Vic have demonstrated for me. We opt for one which has Vic with her hands and feet on the ground, before I put my feet on her hips and my hands on the floor ahead of her. Remarkably, it's a success at the first attempt and the session ends in more laughter...

The bump promises 'Unity Partner Yoga is a refreshing & fun way to reach a deep and profound connection with oneself & others'. I will certainly give it another go. You can go as a couple (they have a Valentine's session), but it's equally suitable for single adults of all ages and fitness levels.

*Nick Williams*

For full details see [www.being-in-unity.com](http://www.being-in-unity.com), or call 01273 778400