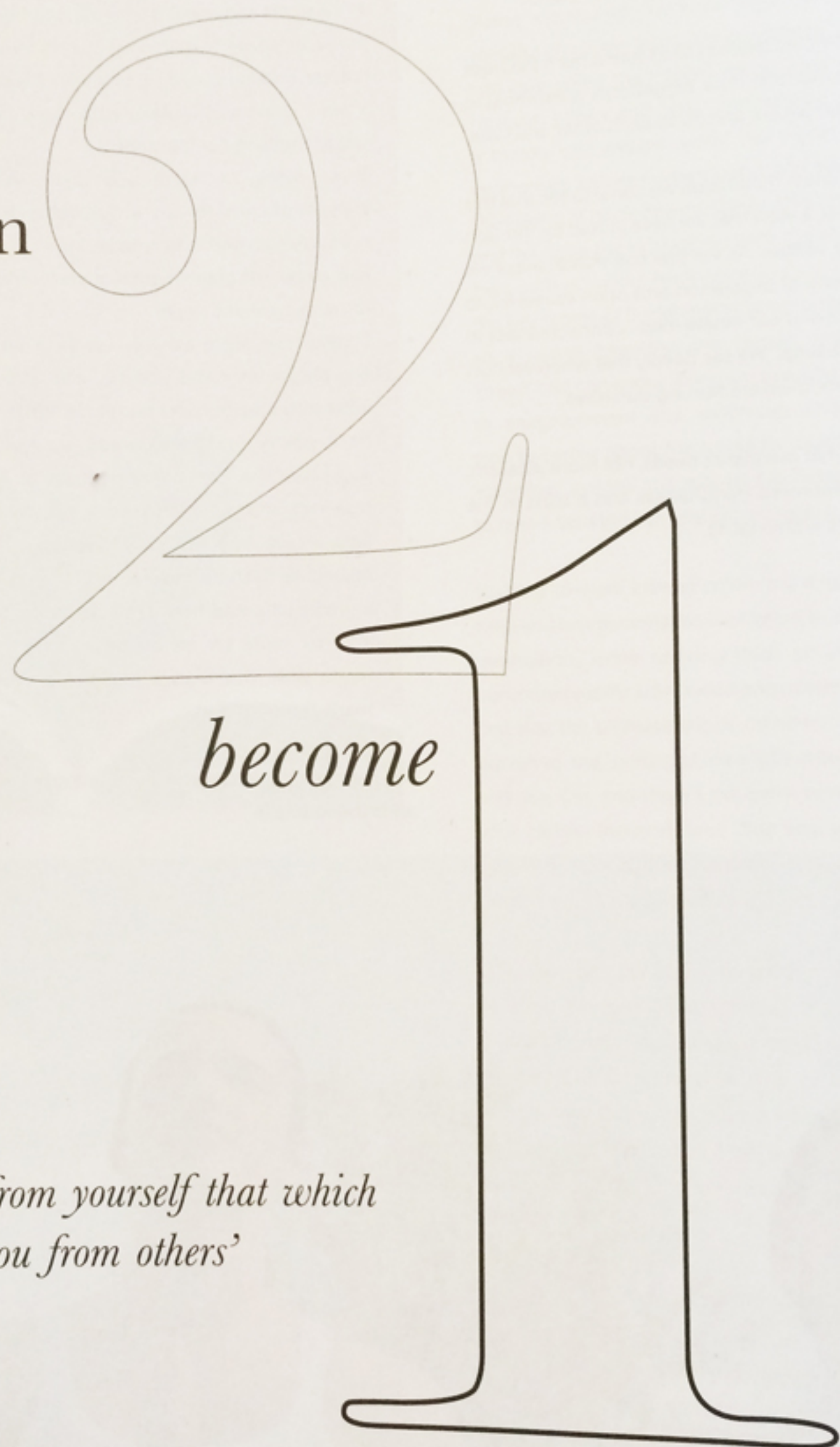


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*'Separate from yourself that which  
separates you from others'*

RUMI

**WHEN TWO BECOME ONE**  
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.

You can choose to practice with a friend, a relative, a partner or spouse, and often even when practiced with a stranger there is a very deep and profound connection. This is because, in yogic terms, we are all essentially a part of each other, a part of the whole of existence. Yoga primarily means 'union'; the very essence of our practice is centred around our deep longing to unify all parts of ourselves, with all parts of life with which we belong.



### Teacher training course

During her time away in India, she had also spent years studying in various ashrams and retreats, including the famous Osho Centre in Pune, and many of those experiences found their way into her own training programme.

These related elements and inspirations are now poured into her professional syllabuses. Aspects of Biodanza training, years of dancing 5Rhythms, and her love for Sufi practices and other meditational movement techniques, all become a part of what she currently shares.

Her teaching diplomas have now been running for 12 years, nurturing around 10 students per course each year from her own Unity Studio in Brighton.

Opening this studio had long been a dream, but after finding the right space - a light and spacious, nurturing and homely studio area with its own courtyard garden, just 15 minutes' walk from the seafront - it was meant to be.

She has future plans to expand the studio with beautiful treatment rooms, vegetarian food and an ethical shop. A wonderful like-minded community of teachers and facilitators now share their classes, trainings and treatments at Unity.

There are also plans for a rural retreat centre one day.

### Living the dream

After traveling the world, and sharing her passion of yoga, dance and bodywork and establishing her studio and training school in Brighton, she has really been living the dream.

But there has been a lot of hard work behind it. Sevanti spent many hours with her friend, Sarah Jennings, combining yoga postures into partner work back in 2000. They are both passionate about partner and group yoga, and how it can draw people together to go deeper into their practice in a fun and sacred way.

It led to the establishment of Unity Partner Yoga in 2002.

She has taught this in various parts of the world, to diverse ages and backgrounds, later creating a second diploma 'Unity Partner Yoga Teacher Training', which is now in its third year.

"It has taken many years of hard work, dedication, commitment and strong determination," she says. "Being a mother and running Unity isn't always easy, and requires a lot of juggling and reassessing what is most important."

And, if she were to offer any advice to newcomers, it would be to follow your heart and stay grounded whilst believing that anything is possible. "Keep checking in with the most important values in your life, ensuring that the outer manifestation of your passion and work is in line with your changing personal needs."

Find out more about Sevanti's Unity Studio & School at: [being-in-unity.com](http://being-in-unity.com)

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**U**nity Partner Yoga creator Sevanti was interested in movement, dance, nature, energy and healing from a very young age. She only realised she had been practicing what she later found out to be called 'yoga' in her young teens, later going on to train with Swami Satchidananda in her early 20s.

She had previously completed a degree in Dance Theatre, but it was after her yoga teacher training that she started to explore the nature of organic movement, breath and meditation.

Practicing, learning and teaching around the world - from Greece to Thailand, Sweden to Turkey - she accumulated more than a decade of unique experiences in running retreats and managing holistic holidays.

She had also trained in teaching massage and Reiki.

Gradually, with her extensive and diverse teaching experience, it seemed natural to develop her own teaching diploma, a journey that began a decade ago.

Sevanti wanted to share her experiences, wonderful teachers and techniques with local students, in a thorough, professional, and down-to-earth way.

