

# YOGA

MAGAZINE

WIN  
a luxury holiday  
in *St Lucia*

## POWER OF LOVE

SLIMMING EXERCISES PART 2

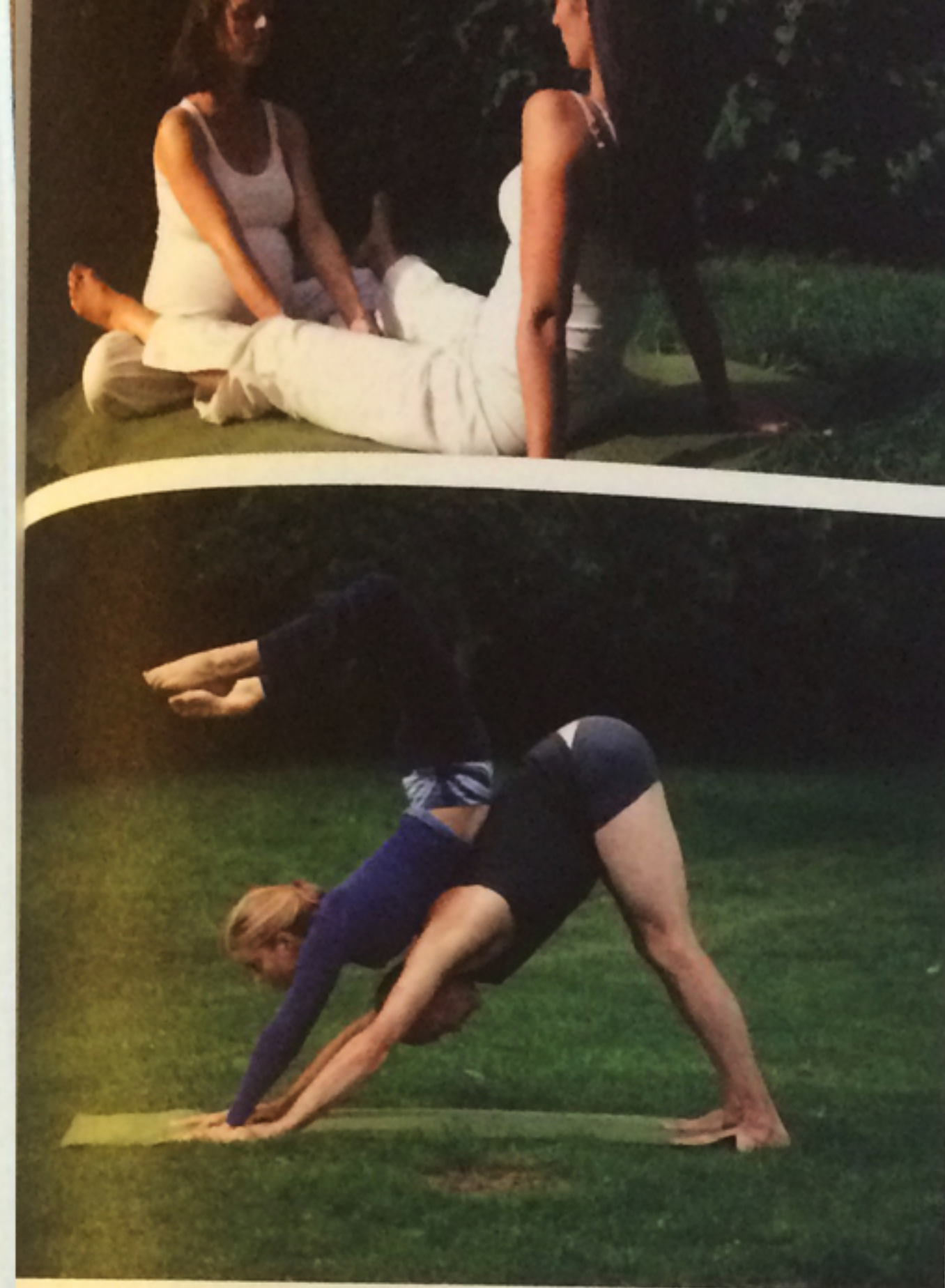
INTERVIEW DADI JANKI

AROMATHERAPY FOR THE HOME

UNCONDITIONAL LOVE - AWAKENING THE HEART CHAKRA

ISSN 1478-9671 98  
9 771478 967010

February 2011  
UK £3.20  
yogamagazine.org



Yoga is interpreted in various ways according to the current needs of those practicing. We practice simple meditations, pranayamas and trust exercises before weaving our way through a range of asanas, which may be gentle, or more advanced to offer something for everyone. Sometimes we may feel that we long for human connection, and Partner Yoga is a lovely way to connect with people. Cultures vary in tactility, and where we may have more unspoken boundaries of refraining from contact with others, Partner Yoga gives permission to enjoy the powerful medium of touch in a safe and respectful way. The message of Unity Partner Yoga is to gain deeper connection with our Self through the presence of another. Journeying together through joint yoga asanas, meditation, mantra and relaxation, the rhythm of the breath, the weight and strength of the body, and the illumination in the Partner's eyes, we can gain an expansion of awareness from Self to Selfless, expanding our hearts and encouraging a profound connection to Spirit. Sevanti, the Director and Founder of the Unity Centre in Brighton, created Unity Partner Yoga in 2003 and has been teaching it ever since. Sevanti and her Partner-Yoga Partner, Sarah Jennings have explored various ways of combining yoga asanas over the years, and have developed various sequences of this Dance of Yoga. They demonstrate these at various events, such as

The Yoga Show to illustrate the fluidity of working with another. Sevanti is very passionate about her work, and has just completed a long term project of creating two Unity Partner Yoga DVD's - one is a general DVD for everyone to practice, and the other is specifically for Pregnancy. Unity Partner Yoga is incredibly useful in pregnancy and labour. The mother-to-be can be supported in a unique and nurturing way, which acknowledges and honours 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 large ball which is often helpful in childbirth. 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.

To order the DVDs, and for information on workshops, training and upcoming retreats visit [being-in-unity.com](http://being-in-unity.com).

