

Partner Yoga FACE TO FACE



GROUNDING

Seated face to face, cross legged, knees touching



SPINAL FLEX & ROUND

Inhale bend elbows, draw heart through between arms



Exhale extend arms and round spine



INFINITY SPINAL TWIST

Left arm behind back, right arm on the outside of partner's arm to hold their hand. Bend left arm to deepen twist



SOLE-TO-SOLE FORWARD FOLD

Connect soles of feet, both partners extend legs and fold forward. One partner at a time points toes into the other's foot



DOUBLE BOAT

Bend knees and place feet on the floor, toes touching. Connect at forearms and joining one side sole to sole, extend leg as straight as possible. Do both sides extending arms and lifting the heart, shoulders drawing back.



STRADDLE WHIRLPOOL

Stay in straddle with feet connected, connect forearms in a crossed grip. Close eyes, start with small circles and gradually expand to explore range of motion. Reverse directions and spiral back to stillness



TRANSITION TO STANDING

Hold forearms, bend knees and place feet on floor. Leaning away from partner elevator up to stand



CHAIR TWIST COUNTERBALANCE

Maintain Utkatasana, open left arm up and back and lean away from partner. Repeat other side



STEEPLE

Palms touching, reach arms up and walk back hinging at hips. Keep arms straight and draw heart through shoulders



DIAMOND TWIST

From Steeple, exhale and twist open to one side, bottom palm stays connected as top arm reaches up. Repeat other side

Acro Yoga Manual

Slava Kolpakov



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Cordasco, John W. Sperling, Steven B. Lippitt, 2021-06-12 For 30 years Rockwood and Matsen s The Shoulder has been the definitive leading reference for the evaluation and management of shoulder disorders The 6th Edition continues the tradition of excellence with close oversight by world renowned shoulder surgeon senior editor Frederick A Matsen III along with co editors Frank A Cordasco John W Sperling and expert contributing authors from around the world This comprehensive volume reflects current knowledge and pioneering techniques in its extensively revised and updated text illustrations and procedural videos and features new Opinion Editorials and a new easy to follow organization and layout Shoulder surgeons of all levels as well as residents students therapists and basic scientists will benefit from this must have reference on all aspects of the shoulder Provides how to guidance on the full range of both tried and true and recent surgical techniques including both current arthroscopic methods and the latest approaches in arthroplasty Presents content in a new easy to digest format

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