



# DATE NIGHT IN RESORT

DATE NIGHT AWAY FROM HOME



ENJOY

YOUR STAY

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## **BENEFITS OF COUPLES YOGA:**



### **Enhances physical and emotional support**

In couples yoga, both participants must be fully engaged in the yoga experience. You must rely on each other to create and maintain the yoga poses. This is a great way to strengthen the bond between each other. By learning to let go, communicating effectively, and fully trusting each other, you are enhancing the connection in your relationship.

### **Learning to let go**

As we have already said, life can get crazy sometimes. When the stress of life is piling on, it can be hard to not take it out on your partner or others around you. Couples yoga is a perfect way to just let go and enjoy being in the moment together.

### **Creates opportunity for intimacy**

Couples yoga is perfect for bringing you closer together to your loved one. Practicing yoga together can be fun and silly! It also helps you let go and not take each other too seriously.

### **Improving self awareness & trust**

By learning to put trust in your partner, you deepen the trust you have for yourself. When we support one another, we ourselves are able to accomplish more with a positive attitude.

### **Power of touch**

Couples yoga is all about touch! You will rely on your partner's touch to guide your movements. We use the touch we receive to build up our awareness of each other, and to help open our minds and bodies deeper.

### **Sense of balance**

Couples yoga creates the perfect sense of balance between you and your partner. When creating yoga poses, there is no giver or receiver. Both partners are equally engaged and equally important. Each partner is fully supporting and trusting in the other, creating a perfect sense of balance.