



Pose with Your Partner

A Complete

COUPLE YOGA GUIDE

Building Connection, Strength, & Joy



CONTENT

Chapter No	Topic	Page No
Chapter 1	Introduction	3-7
Chapter 2	Easy Partner Yoga Poses (Beginner)	8-20
	Easy Partner Yoga Poses (Medium)	21-37
	Hard Couples Yoga Poses (Acro)	38-45
Chapter 2	Renee Kwok Yoga Poses (Beginners)	46-49
	Renee Kwok Yoga Poses (Intermediate)	50-59
Chapter 2	Yoga with Rachel	60-70
	Conclusion	71

Introduction



Hi, We're Tuilful.

Yoga is often seen as an individual journey, but it can also be a beautiful shared experience when practiced with a partner. Partners in Pose is a guide created to explore the unique benefits of couple yoga – where trust, communication, and connection form the foundation.

Practicing together not only improves strength and flexibility but also nurtures emotional closeness, helping partners deepen their bond both on and off the mat. Through coordinated movements and shared postures, couples learn to support one another, tune into each other's energy, and create a sense of balance and harmony in their relationship.

Whether you're just beginning your yoga journey or are already experienced practitioners, this guide offers a range of poses adaptable to any level. Couple yoga brings playfulness, intimacy, stress relief, and above all, a greater sense of togetherness.



The Benefits of Couple Yoga with Tuilful: **Building Connection, Strength, & Joy**

Couple yoga is more than a series of postures – it's a shared journey that nurtures both the body and the relationship. When practiced together, it creates a space of trust, balance, and connection that goes beyond the mat. At Tuilful, we celebrate the unique benefits of partner yoga and the way it deepens bonds while enhancing well-being. Here are some of the key advantages:

1. Better Communication

Partner yoga naturally fosters non-verbal communication. Through synchronized movement, eye contact, and gentle touch, you and your partner learn to read each other's cues, respect boundaries, and respond with care. This deeper awareness extends beyond yoga, strengthening emotional understanding in everyday life.

2. Stronger Relationships

Just as yoga builds physical resilience, practicing together cultivates trust and teamwork. Each pose requires cooperation and support, reminding both partners that balance and growth are achieved together. This shared reliance builds a stronger foundation for your relationship off the mat as well.



3. Enhanced Flexibility & Strength

Couple yoga encourages you to move in ways that might not be possible alone. Whether supporting balance, deepening a stretch, or holding a pose together, both partners benefit from improved flexibility, core strength, and stability – all while working in harmony.

4. Stress Relief & Mindfulness

Breathing together, moving together, and being fully present with your partner creates a calming energy. Couple yoga with Tuilful helps reduce stress and anxiety, turning the practice into a shared moment of mindfulness and relaxation – a much-needed pause in today's busy world.

5. Deeper Intimacy

Physical connection in yoga fosters closeness. From supportive touch to partnered poses that require closeness and trust, couple yoga strengthens both physical and emotional intimacy. These moments help partners feel more connected, valued, and in sync.

6. Playfulness & Joy

Not every pose will be perfect – and that's the fun of it! Couple yoga invites laughter, lightheartedness, and



play. Sharing these joyful experiences helps couples bond in a relaxed way, reminding you to enjoy the journey as much as the progress.

With Tuilful Couple Yoga, you're not just building flexibility and strength – you're creating memories, strengthening trust, and deepening your connection with the one you love.



Before Starting the Couples Yoga Poses

Every practice begins with preparation. Before attempting these partner yoga poses, give your body a gentle warm-up – a few rounds of sun salutations, light stretches, or simple movements are enough to awaken your muscles and steady your breath.

Just as important is the connection between you and your partner. Communicate openly as you move: decide when to begin, how long to hold, and when to release. Always listen to one another, and never force a posture that causes pain or discomfort.

If you wish, set up a camera or tripod to capture your journey. Photographs not only celebrate your progress but may also inspire other couples to explore yoga together. And when things don't go perfectly, those lighthearted bloopers become part of the shared joy of practice.



Easy Partner Yoga Poses



Stacked Child's Pose

This unique pose may look unusual, but it's a wonderful way to relax together. Lying in stacked child's pose helps ease lower back tension while allowing partners to connect physically. A cushioned mat or surface makes it more comfortable, especially if practiced for a longer duration. It's also a very photogenic posture – perfect



Partner Breathing

Sit back-to-back with your partner, keeping your spine tall and your body relaxed. Begin breathing slowly through the nose, syncing your inhale and exhale with theirs. Feel the rise and fall of each other's breath and allow that rhythm to guide your focus. This simple pose builds presence, connection, and calmness.



Seated Partner Forward Fold

With legs spread apart and feet pressing together, partners can take turns gently guiding each other into a forward fold. The aim is not to reach the floor, but to feel a deep stretch in the hamstrings. Keep your back long instead of rounding, and apply only light pressure. This pose strengthens trust while releasing tension in the legs.



Partner Side Angle Pose

Standing side by side, extend into a side angle stretch and join hands overhead. Keep your feet firmly grounded and your gaze lifted toward your upper hand. If reaching is difficult, use a strap or towel to bridge the gap. Alternate sides so both partners experience balance and opening through the body.



Seated Cat for Couples

Begin sitting together, knees bent, and hold each other's arms for support. Round the spine, tuck the chin, and engage the core while leaning back gently. As you pull away from each other, the stretch intensifies through the spine and shoulders. Focus on moving with control and steady breathing.



Partner Yoga Twist

Sit tall with your backs against one another, then gently rotate in opposite directions. Lengthen your spine before twisting, and allow the stretch to come naturally. Engage your core to protect the lower back and breathe evenly. This pose improves spinal mobility while encouraging relaxation.



Child's Pose and Fish

One partner relaxes into child's pose while the other lies back across them in fish pose. This combination provides grounding for one partner and a heart-opening stretch for the other. Adjust leg position in child's pose to deepen comfort and release. Practiced together, it balances grounding with expansion.



Cheeky Forward Fold

Standing side by side, fold forward without locking your knees. Keep the spine long and, if needed, bend the knees to protect hamstrings. Partners can choose a narrow or wide stance depending on flexibility. For a playful touch, align closer for a lighthearted “cheek-to-cheek” variation.



Triangle for Two

Facing opposite directions, step into triangle pose while holding each other's hands. Focus on lengthening the spine and keeping the back foot angled at about 45 degrees. If reaching down feels difficult, rest your hand on your shin or a block. This stretch strengthens balance while lengthening the hamstrings and sides of the body.



Cobra Back Bend

In this posture, one partner lies on the mat while the other supports from behind. The grounded partner stretches the chest and shoulders, while the standing partner bends gently into a back extension. Switch roles to experience both benefits. Keep the core engaged throughout to protect the lower back.



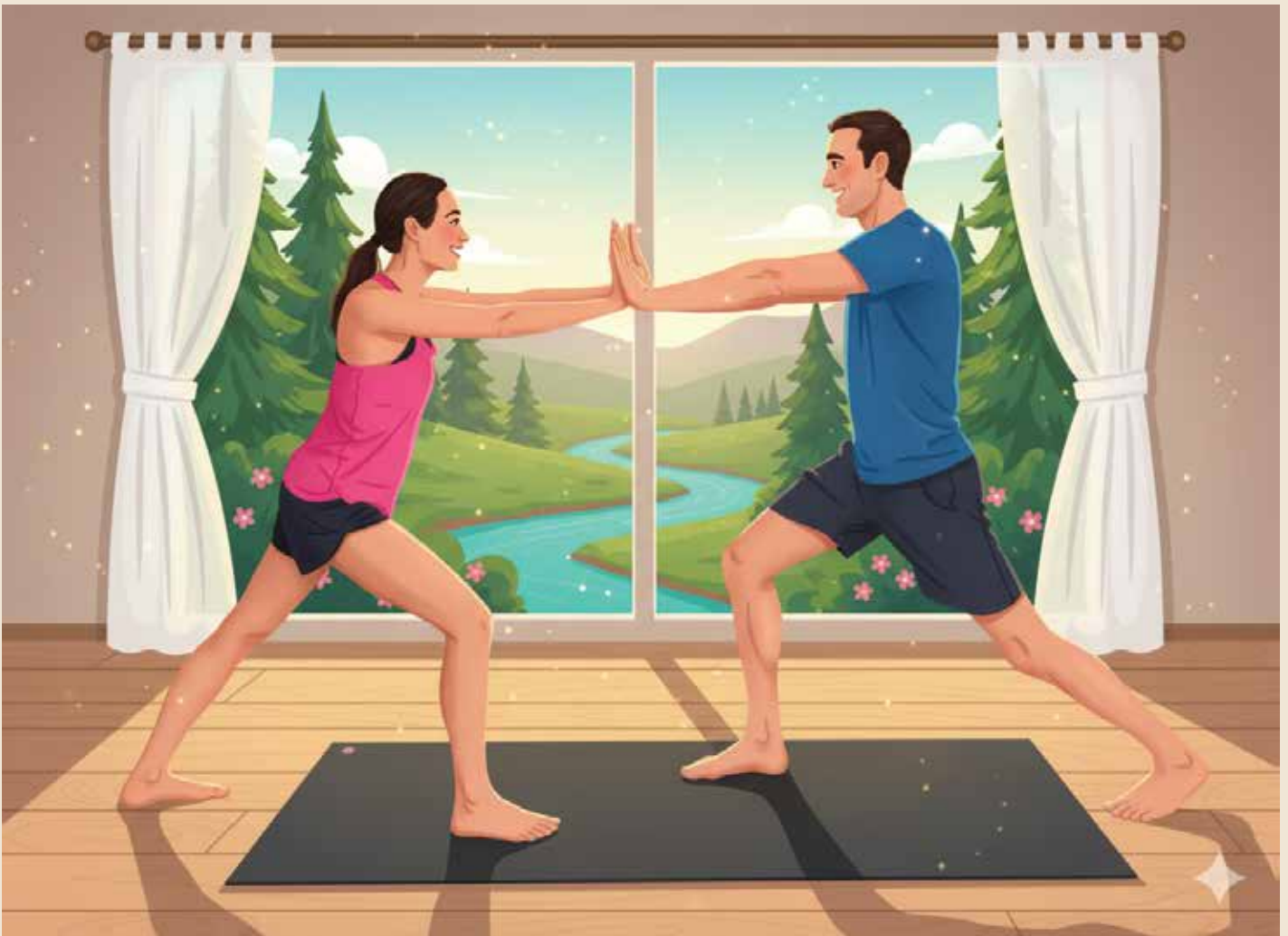
Partner Temple Pose

Stand facing one another, feet hip-width apart, and bend forward while resting hands on each other's shoulders. Keep your spine long, knees slightly bent, and engage your core. Pressing gently into each other deepens the hamstring stretch. Adjust the distance between your feet to find a comfortable intensity.



Duo Bird Dog Pose

Begin on all fours, an arm's length apart from your partner. Place one hand on their shoulder as you extend the opposite arm and leg. Keep your back flat, core strong, and gaze focused downward. This pose challenges balance, core stability, and teamwork – switch sides to stay balanced.



Partner Runner's Pose

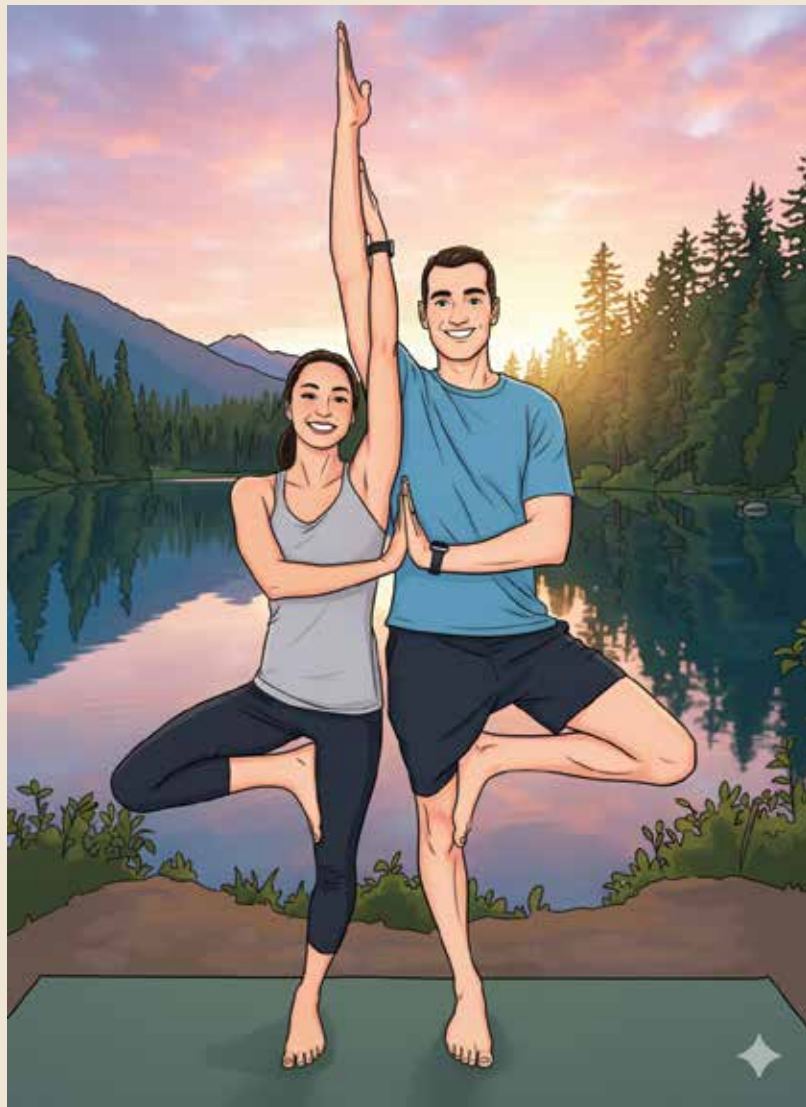
Step into a narrow lunge facing your partner, with both front legs aligned. Press palms together for added stability and engagement. Lean forward into the stretch, keeping your body in one strong line from heel to head. This pose works the calves, hips, and strengthens partner connection.

Partner Yoga Poses - Medium



Partner Back Stretch

Stand back-to-back and gently lean forward, letting your partner's back support yours. This stretch feels refreshing as it lengthens the spine and opens the chest. Even with differences in height, the pose works with small adjustments. It's a fun and effective way to release tension while sharing balance.



Partner Yoga Tree Pose

Stand side by side and press your palms together for support. Place one foot above or below your knee to avoid strain, then focus on steady breathing. Balancing with a partner makes this classic pose more playful and challenging. Together, it builds concentration and stability.



Reverse Warrior Heart Pose

Face each other and lunge deeply into warrior stance. Lean back slowly, extending your arm overhead while reaching for your partner's hand. Keep your core strong and gaze lifted for balance. This pose blends strength with openness, requiring teamwork to hold steady.



Kissing Bow Pose

Lie face down with your heads near each other, then bend back into bow pose simultaneously. Lift your chest and legs while keeping your grip strong. Once balanced, lean in for a playful kiss. It's equal parts stretch and fun, adding lighthearted energy to your session



Double Dancer

Stand opposite each other and use one arm for support on your partner's shoulder. Extend the opposite leg and arm into dancer's pose, finding balance together. Focus on lengthening through the chest and hip flexors. Switch sides to maintain symmetry and control.



Couples Chair Pose

Begin sitting back-to-back and press firmly against each other as you lower into a squat. Keep your weight in your heels and your chest lifted. Hold the pose as long as your legs allow, supporting each other for balance. This exercise builds strength and endurance together.



Two-Person Warrior 3 Pose

Face each other and hinge forward, placing hands on your partner's shoulders for support. Extend one leg behind you until your body forms a straight line. Keep your core tight and your gaze down for balance. Switch legs to work both sides evenly.



Couples Camel Pose

Kneel close together and hold each other's forearms. Lean back into camel pose, opening the chest and stretching the quads. Keep your core engaged to protect the lower back. Relax the neck and breathe deeply as you hold the stretch.



Partner Chair Pose Twist

Stand facing each other and lower into chair pose while holding one hand. Rotate your torso outward, extending your free arm behind you. Keep knees pointed forward and core strong during the twist. This pose combines leg strength with spinal mobility.



Partner Shoulder Stand

Lie on your back and carefully lift into a shoulder stand using core strength. Support your hips with your hands and avoid sudden movements. Hold the pose steady and breathe deeply, keeping your neck still. Practice with care, switching roles to share the challenge.



Couples Yoga Catamaran Pose

Sit facing each other and clasp hands as you lift your legs into boat pose. Press the soles of your feet together to stay balanced. If flexibility is limited, lift one leg at a time. This pose builds core strength while fostering teamwork.



Downward Dog Upward Bow

One partner comes into downward dog while the other carefully lifts into bow pose above them. The base partner focuses on keeping hips lifted and spine long. This is a challenging position requiring trust and communication. If it feels unstable, stick to the simpler versions of each pose.



Double Decker Upward Plank Pose

Both partners set hands and feet firmly on the ground. The top partner lifts into plank first, followed by the base. Engage your core and keep your body in one straight line. This pose develops strength, stability, and balance as a pair.



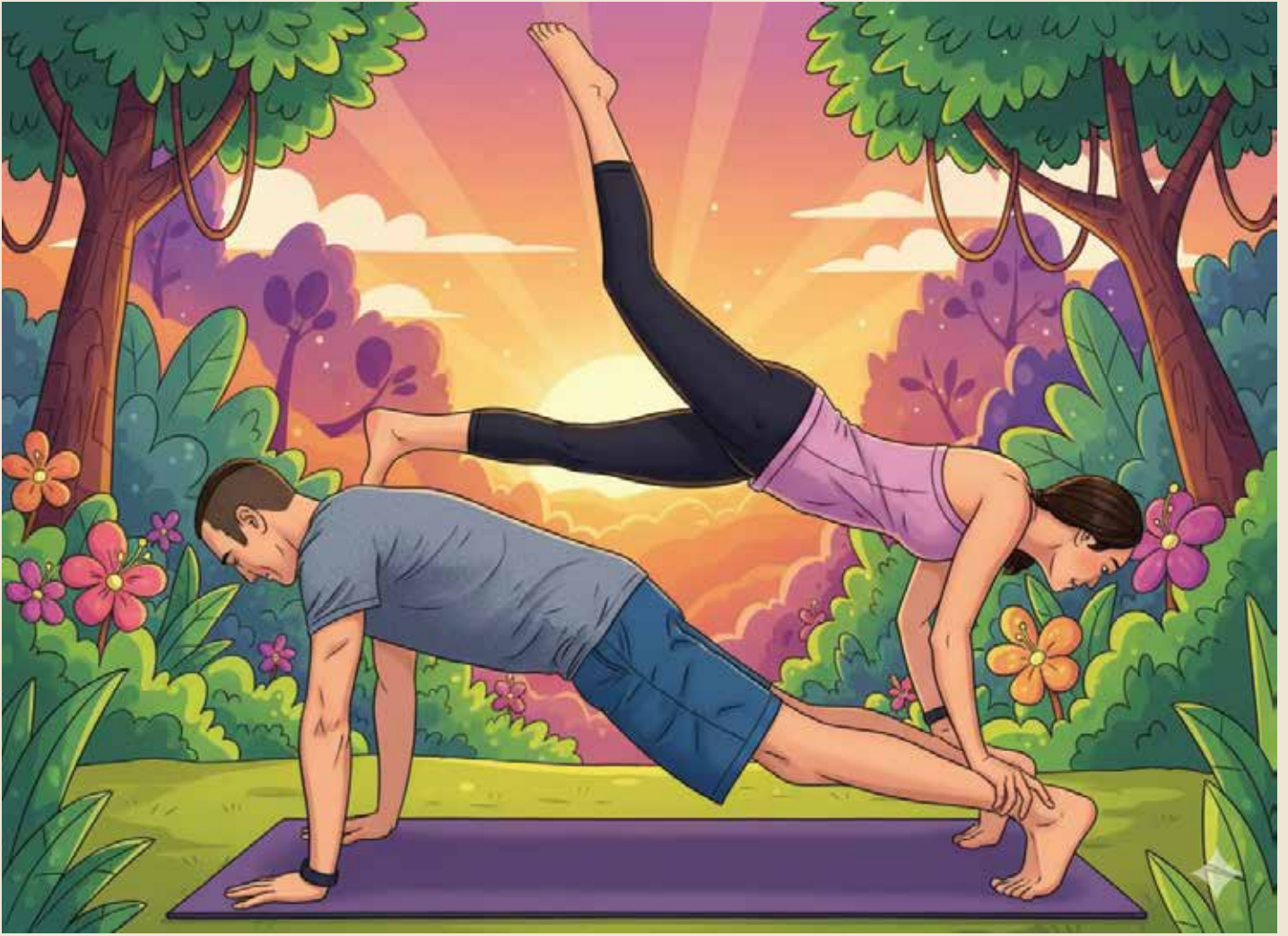
Handstand on the Dog

One partner holds downward dog while the other carefully kicks up into a supported handstand. Keep your shoulders stacked and core engaged for alignment. The base provides stability while the flyer focuses on balance. Take turns switching roles for equal practice.



Partner Yoga Plank Up Dog

Begin in plank pose with one partner stacked over the other. The person on top moves into upward dog while the base holds steady. Both must keep the core engaged to stay aligned. It's a powerful test of strength and control.



Partner Yoga Plank

This variation challenges your stability with one partner balancing on the other. Keep your body strong and avoid letting your hips sink. The top partner can add intensity by lowering into a chaturanga push-up. Communication is key to staying safe and steady.



Dos Equis Partner Side Plank

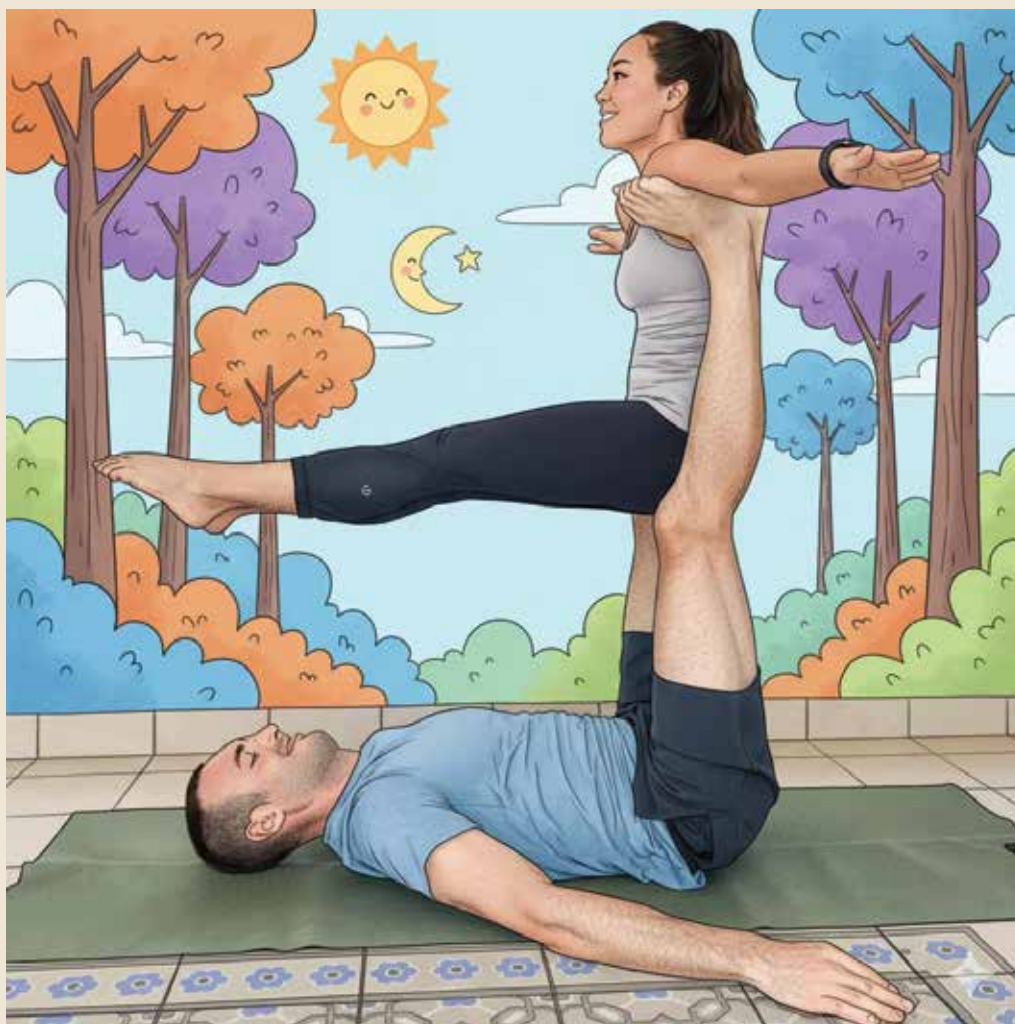
Both partners move into side plank, stacking bodies for balance. For an easier option, try forearm side plank instead of full extension. Adjust distance if balancing feels difficult. This posture builds oblique strength and sharpens coordination.

Hard Couples Yoga Poses (Acro)



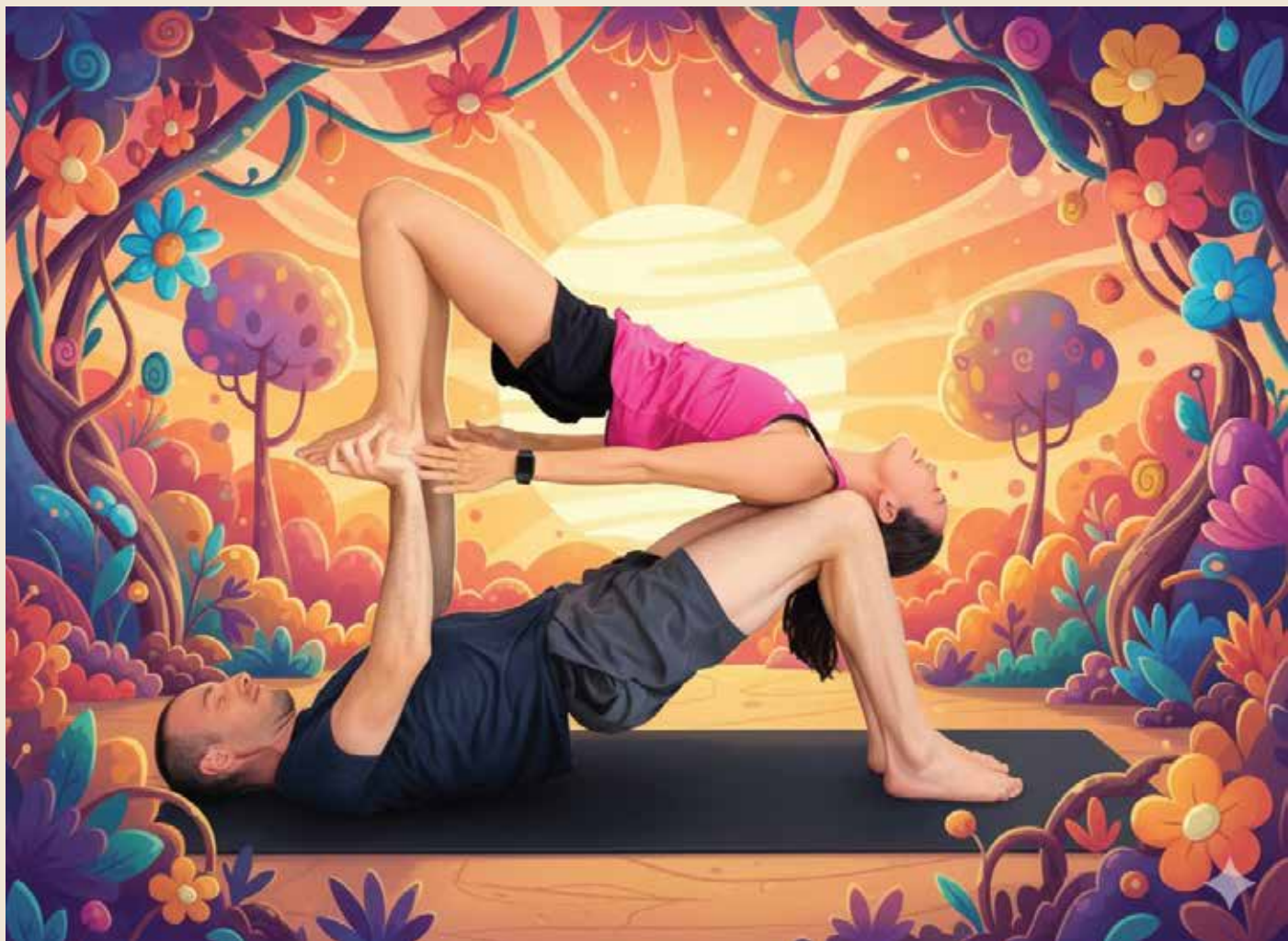
Beginner Acro Yoga Pose – I Got Your Back

Stand back-to-back and link arms for stability. One partner bends forward while the other carefully lifts their legs, supported by core strength. The base must maintain a long spine for safety. It's a playful introduction to acro yoga trust-building.



Beginner Acro Yoga Pose - Flying L-batross

The base partner lies on the ground with legs lifted to support the flyer. Engage your core and press the lower back into the mat to avoid strain. The flyer balances with extended arms and legs. Together, it creates the feeling of flight while testing balance.



Double Decker Couples Bridge Pose

Start with both partners placing hands and feet firmly into the floor. Once the base stabilizes, the top partner lifts into bridge pose. The base can then raise hips higher for extra intensity. Keep knees aligned and core engaged for proper form.



Kissing Down Dog Plank

One partner holds a steady plank while the other steps into downward dog with feet on their back. Maintain strong alignment to protect the spine. Once balanced, lean in for a kiss to make the pose fun. This combines strength with playfulness.



One-Arm High-Flying Whale Pose

The base supports the flyer's legs with both arms before progressing to one arm. Balance, core strength, and trust are essential here. Spotters can help if needed for safety. It's a powerful acro pose that challenges stability.



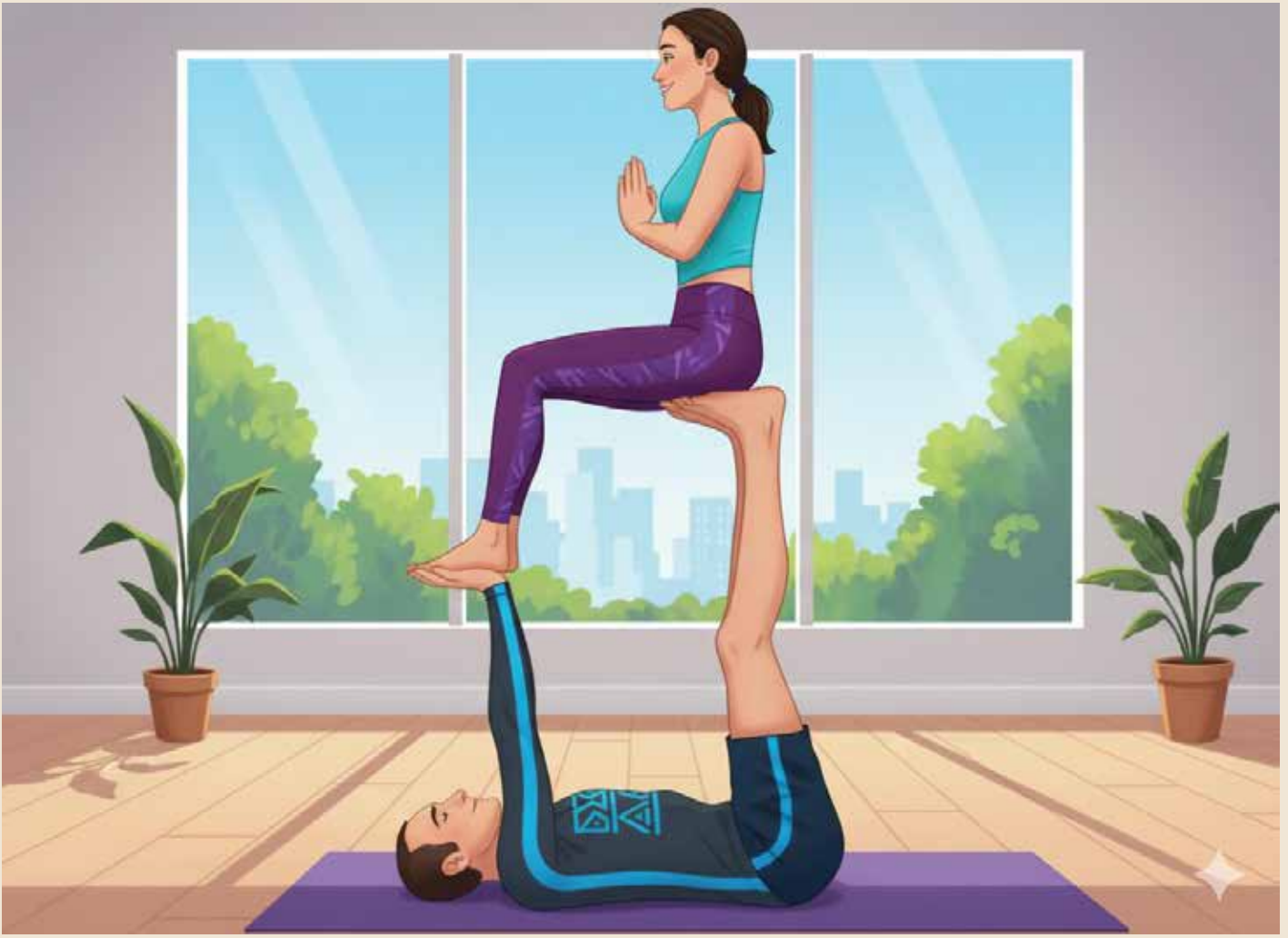
Couples Crow Pose

Both partners come into crow pose side by side, balancing on their arms. Focus on core engagement and gaze forward to maintain stability. Avoid turning your head to protect your neck. This advanced posture strengthens arms, wrists, and focus.



Yoga Airplane Pose

The base lifts the flyer on their legs, holding hands for stability. Once confident, partners can release hands to practice free balancing. The flyer keeps their body long and strong to simulate “flying.” It’s a fun and freeing acro yoga move.



Couples Throne Pose

In this advanced pose, one partner supports the other seated above them. Enter and exit slowly to avoid injury, and use a spotter if possible. Once balanced, the position is surprisingly steady. This pose builds strength, trust, and deep connection.

Renee Kwok

A yoga instructor with 13+ years of experience.

About the Author

Renee Kwok is yoga instructor who has taught various yoga styles and levels for more than 13 years. Her passion is showing others how to achieve clear mindset, vitality and wellness by connecting the mind and body. When she's not teaching yoga, she offers Reiki energy therapy and intentional journaling, and she continues to explore healthy alternatives to nourish the body and mind as we age gracefully.



For Beginners

These beginner-friendly poses are ideal if you or your partner are new to yoga. The goal is not perfection, but connection. Keep things light, be patient with one another, and enjoy the journey together.



Seated Grounding Pose

Begin your couples yoga practice by sitting cross-legged, back to back, on a mat. Clasp hands palm to palm, with the taller partner's arms resting on top. As you inhale, raise your arms overhead, filling the chest and throat with breath. Exhale slowly as you lower them. Keep your eyes closed and repeat this cycle for five rounds.

Mindful Tip

As you match your breathing, set an intention for your practice. It may be something you wish to release, embrace, or experience. Let gratitude guide your focus as you share this moment of grounding.



Seated Crescent

Sit back to back and hold hands. On an inhale, stretch your arms outward at shoulder height. As you exhale, lower one clasped hand toward the floor while the opposite hand extends overhead, creating a gentle crescent shape. Hold for 10 breaths, then return to center and switch sides.

Mindful Tip

Check in with your partner to ensure comfort. If either of you feels strain, ease out of the pose. Approach this stretch with compassion, allowing patience and breath to soften the body.



Seated Twist

Sit cross-legged with your backs connected. Take a deep breath in to lengthen the spine, then release your hands and twist toward the right. Place your right hand on your partner's knee and your left hand outside your own thigh. Hold for five breaths, then return to center and repeat on the opposite side.

Mindful Tip

Keep your backs firmly connected for support and use gentle pressure to deepen the twist. Move slowly, focusing more on alignment and breath than how far you turn.

Intermediate Level Couples Yoga

Once you're comfortable with the basics, these next poses add strength, balance, and a touch of fire to your practice. They also build intimacy and deepen trust.



Supported Chair

Stand facing your partner, feet hip-width apart, and clasp each other's forearms. Inhale and gaze into one another's eyes. As you exhale, bend your knees together into a chair pose, stopping when it feels steady. Hold for five breaths before rising back up.

Mindful Tip

Don't be afraid to laugh if you wobble. This pose is about working together, so use both verbal and non-verbal cues to stay aligned. Keep the mood playful and supportive.



Partner Tree Pose (Twin Tree)

Stand side by side and wrap your inside arm around your partner's waist. Press your outer palms together in front of you. Lift your outer foot and place it against the inner thigh or calf of the standing leg. Hold steady for five breaths, then switch sides.

Mindful Tip

Balancing may feel tricky at first, but lean on each other for stability. Encourage patience and kindness, reminding yourselves that falling out of the pose is part of the process.



Warrior II (Parsva Virabhadrasana)

Stand back to back with arms extended at shoulder height, palms clasped. Partner 1 turns their right toes outward while Partner 2 mirrors on the left. Bend the front knee to align over the ankle and extend your gaze past your front fingertips. Hold for five breaths, then repeat on the other side.

Mindful Tip

If either of you feels unsteady, offer extra support through the connection at your backs. Work as a team to find balance together.



Reverse Warrior Lunge Back

From Warrior II, inhale as you lift your front arm overhead, leaning gently into a reverse lunge. Keep your gaze lifted toward the ceiling. Exhale and slide the other hand down the back leg for support. Hold for three to five breaths before switching sides.

Mindful Tip

Take deep, calming breaths and remind one another to slow down. This shared effort builds not only physical strength but also emotional connection.



Double Triangle

Stand back to back with legs wide apart. Partner 1 turns the right foot forward as Partner 2 mirrors with the left. Extend arms at shoulder height and clasp hands. Hinge at the hips, lowering one hand toward the shin or knee, while the other hand extends skyward. Hold for three breaths, then repeat on the opposite side.

Mindful Tip

Lean gently into one another for balance, but give enough space to prevent pushing. Adjust as needed to stay steady.



Back-to-Back Wide-Legged Forward Fold

Stand back to back with feet wide apart. Inhale to lengthen the spine, then exhale as you fold forward. Reach your arms back through your legs until you clasp hands, wrists, or elbows with your partner. Hold for several breaths before slowly rising back up.

Mindful Tip

Respect your body's limits and communicate clearly about pressure or space. This pose encourages openness and trust as you fold into it together.



Child's Pose and Backbend

Partner 1 moves into child's pose, sitting back on the heels with arms along the body. Partner 2 sits behind, facing away, and slowly reclines onto Partner 1's back to create a supported backbend. Hold for several breaths, then switch roles.

Mindful Tip

Move gently into position, staying attuned to one another's comfort. Use feedback – whether to lean further or ease up – to ensure the pose feels supportive and safe.

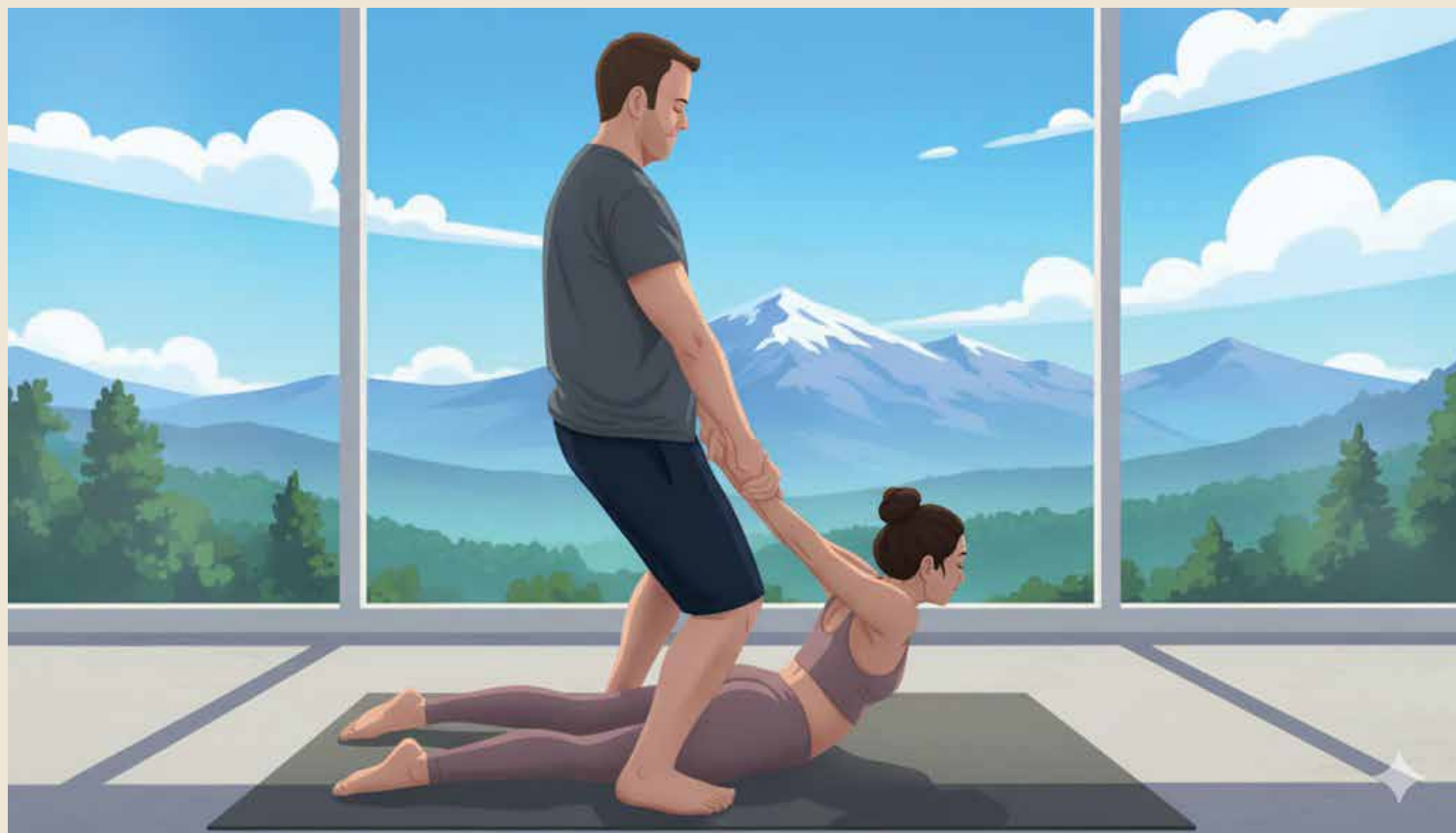


Double Seated Straddle

Sit facing one another with legs stretched wide. Press your feet together or along each other's legs. Clasp hands, then gently pull to deepen the stretch as one partner leans back and the other folds forward. Hold for five breaths before switching roles.

Mindful Tip

Stretch slowly and avoid forcing the body. Share feedback on what feels good, and support one another's range of motion with patience.



Lifted Cobra

The base partner lies face-down with arms by their side. The top partner stands over them, bends their knees, and carefully lifts the wrists of the person below, raising them into a backbend. Hold for five breaths, then switch roles.

Mindful Tip

Lift slowly and listen closely to your partner's cues. Clear communication is essential to make this stretch safe and enjoyable.



Double Savasana

End your session lying side by side, but in opposite directions so that your inner hands rest on each other's abdomen. The outer hand rests on your heart. Close your eyes, slow your breathing, and stay in this stillness for several minutes.

Mindful Tip

Use this time for gratitude and connection. Feel the rise and fall of your partner's breath and allow yourselves to simply be present together.

Yoga with Rachel

Yoga instructor, fascial fitness trainer & wellness enthusiast

About the Author

Rachel is a certified yoga instructor, fascial fitness trainer, and dedicated wellness enthusiast. With a passion for movement and mindful living, she has built a growing community through her popular YouTube channel, Yoga with Rachel. Her mission is to guide others in connecting to their mind, body, and spirit through accessible, uplifting practices that inspire balance, strength, and well-being.





Connected Meditation Seat

Sit cross-legged with your partner, back to back.
Let your weight settle gently against one another.
Lengthen your spine and rest hands on your heart or thighs.
Close your eyes or soften your gaze.
Sync your breathing, exploring inhaling and exhaling together.
Optionally, hum or chant “Om,” noticing the vibration through your backs.
Remain here for at least 3 minutes to establish grounding and connection.



Twin Seated Spinal Twist

Sit cross-legged, leaning lightly against your partner's back.

Inhale deeply to lengthen the spine.

On the exhale, both twist to the right side.

Place your right hand on your partner's knee and your left hand on your own thigh.

Keep gaze over the right shoulder, breathing deeply into the back body.

Hold for 5 breaths, then return to center and switch sides. This stretch encourages mobility, relaxation, and better digestion.



Wide-Leg Forward Fold Together

Sit facing your partner, leaving some space between you. Extend legs out to the sides in a wide “V,” bending knees if needed.

Press the soles of your feet against your partner’s and flex toes upward.

Hold hands or forearms for connection.

Inhale to sit tall; exhale as one partner leans back, guiding the other forward.

The partner folding forward breathes into hips and hamstrings.

Switch roles after 5 breaths, keeping communication clear throughout.



Partner Cat-Cow Flow

Sit cross-legged, facing each other with knees lightly touching.

Hold forearms to create equal resistance.

On inhale, lift chest and chin slightly, arching the spine (cow pose).

On exhale, round spine and tuck chin to chest (cat pose).

Continue moving together with the breath rhythm.

Pause in any stretch that feels especially good, communicating openly.

Great for improving spinal flexibility and energy flow.



Linked Thread-the-Needle

Begin on hands and knees, facing each other.
Adjust your distance so hands or forearms can connect.
Bring big toes together and widen knees.
On inhale, lift outside arm toward the ceiling.
On exhale, thread that arm under and across, reaching toward your partner.
Lower shoulder and cheek to the floor, turning toward your partner.
Hold hands gently, breathing for 5 cycles before switching sides.
This pose releases tension in shoulders and upper back.



Back-to-Back Forward Fold

Stand back to back with feet hip-width apart.
Leave comfortable space depending on height and flexibility.

Bend knees slightly to stay comfortable.

Inhale arms overhead, exhale folding forward from hips.
Allow heads and necks to relax fully.

Reach through legs to hold partner's hands or forearms.
Stay for 5 slow breaths, then release and slowly roll back up.

This stretch eases the entire back body from heels to



Partner Temple Stretch

Stand facing your partner with feet under your hips. Place hands on each other's shoulders for support. Inhale to lengthen spine; exhale as you both step back, hinging forward. Straighten arms with a soft bend in elbows until torsos are parallel to the ground. Keep gaze downward to maintain neck alignment. Breathe deeply into chest, shoulders, and back body. After 5 breaths, walk feet forward, release hands, and rise slowly.



Back-to-Back Chair Pose

Stand with your partner back to back, feet under hips. Link arms together for stability. Communicate clearly to bend knees at the same time. Walk feet forward until knees align above ankles. Press against each other's back for balance. Deepen breathing to support leg muscles as they work. Stay for 5 breaths, then rise slowly and high-five to celebrate.



Side-by-Side Tree Pose

Stand beside your partner, hips lightly touching.
Raise inside arms overhead, linking palms together.
Balance on your inside foot while lifting the outside foot to the calf or thigh.

Another option: keep toes on the ground with heel at the ankle.

Free hands can press together in prayer.

Focus on a steady gaze to hold balance.

Switch sides after 5 breaths to stay even.

This pose builds concentration, stability, and mutual support.



Restful Corpse Pose Together

How to Perform: Lie side by side and connect through touch.

Lie on your backs, side by side with slight space between you.

Extend legs long, arms resting at your sides.

Hold your partner's hand and close your eyes.

Notice the warmth and sensation of touch.

Synchronize your breath, inhaling and exhaling together.

Stay as long as comfortable, then roll to the side and sit up slowly.

End with a hug or shared silence.

CONCLUSION

Couple yoga is more than just practicing poses side by side – it's about building trust, creating harmony, and deepening the bond between two people. Through shared movements, mindful breathing, and supportive postures, partners not only enhance their flexibility and strength but also cultivate greater understanding, joy, and connection.

At Tuilful, we believe that yoga is a journey best enjoyed when shared. Whether you are beginners exploring simple partner stretches or experienced practitioners embracing advanced postures, couple yoga invites you to grow together – physically, emotionally, and spiritually.

As you step off the mat, remember that the lessons of couple yoga extend into everyday life: patience, communication, balance, and presence. Carry these values with you, and let your practice continue to enrich your relationship beyond each session.

With Tuilful, every pose becomes a shared moment, every breath a reminder of connection, and every practice a step toward harmony – together.



MY FAVORITE POSE & WHY



HOW YOGA MAKES ME FEEL TODAY



A GOAL I'D LIKE TO ACHIEVE IN MY PRACTICE



REFLECTIONS AFTER COMPLETING 118 POSES

