

Mother's Day Special Sequence

Yoga may be practiced, anywhere and anytime, making this Mother and Child bonding experience easy to do from the comfort of your home. Yoga, unlike all other sports, is not competitive, as it provides a lighthearted and playful time between the two Partners.

Take the time to build on your relationship and communication skills through these practices whilst also getting a good stretch in!

Mother's Day Partner Pose 1

For this pose, both (2) partners should have the same position of body but opposite each other

Part 1

- **Sit down**
- **Stretch/straighten your legs together and in front of you**
- **Stretch/ straighten your arms in front of you**
- **Grab onto your partner's hands**
- **Pull your partner's hands towards you so you help thier stretch**
- **Let your partner pull your hands so they help your stretch**

Part 2

- **Sit down**
- **Open your legs wide with your feet resting on your partner's legs or feet (this depends on the flexibility of you and your partner)**
- **Stretch/straighten your arms in front of you**
- **Grab onto your partner's hands**
- **Pull your partner's hands towards you so you help thier stretch**
- **Let your partner pull your hands so they help your stretch**

Mother's Day Partner Pose 2

Partner 1 (the Mother)

- **Lay down on your back**
- **Bend your legs**
- **Place your feet in a 'V' shape**
- **Place your feet onto the Partner 2's (the Child's) pelvis/hip area**
- **When the Child leans forward, grab onto the Child's hands**
- **Lift the child onto the floor and adjust arms and legs according to the weight and size of the Child**
- **(the legs should remain with a small bend)**
- **Try and balance for a few moments**

Partner 2 (the Child)

- **Stand up next to the feet of Partner 1 (the Mother)**
- **Face your Mother**
- **Allow your Mother's feet to be placed on your hip/pelvis area**
- **Lean forward and grab the Mother's hands**
- **Slowly lift your feet off the floor as you balance on your Mother's feet**
- **Try and balance for a few moments**

Mother's Day Partner Pose 3

Partner 1 (the Mother)

- **Kneel down with a gap between your knees**
- **Place your bottom on your feet**
- **Slowly bend your upper body towards the floor**
- **Keep the bottom touching the feet**
- **Allow the Child's back to rest on your back - taking the same shape as yours**
- **Stay here for a few breathes**

Partner 2 (the Child)

- **Stand up next to your Mother, facing away (not looking at her)**
- **Slowly bend your knees/lower your body so your bottom touches hers**
- **Slowly bend your back on her back- taking the shape of her back**
- **Stay here for a few breathes**

Have a beautiful bonding day <3

https://www.youtube.com/watch?v=YOON3swk_40&list=PLjs4G0_dLq3GynpuIY3GW098PBYuE8iW_&index=24&t=0s