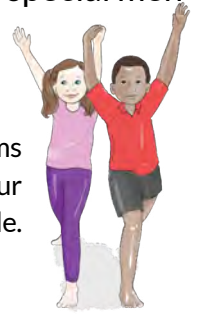


FATHER'S DAY

Enjoy these fun and energizing yoga poses. You could either practice together with your father or child, or practice with a friend and think about the connection you have with the special men in your life.

1. How to practice Partner Warrior 1 Pose

Stand tall facing forward side by side with legs hip-width apart, feet facing forward, and straighten your arms alongside your body. Step your outside foot back, angling it slightly outward. Bend your front knee, bring your arms straight up toward the sky, reaching for your partner's inside hand, and look up. Repeat on the other side.



2. How to practice Partner Warrior 2 Pose

Stand next to each other with your hips touching and one partner facing forward while the other is facing backward. Step your left foot back, placing the foot so that it is angled slightly outward. Take your arms up parallel to the ground, bend your front knee, and look forward. Take your right hand to reach for your partner's left hand, while wrapping your left hand back behind you and reaching for your partner's right hand. Take a few moments in this pose. Then switch sides and repeat the steps.

3. How to practice Partner Warrior 3 Pose

Stand close next to each other, both facing forward. Stand on your inside leg. Extend the other outside leg behind you, flexing your foot. Bend your torso forward. Take your outside arm out to the side, and your right arm wraps around your partner's shoulders. Take a few moments in this pose, helping each other to balance. Switch sides and repeat the steps.



4. How to practice Partner Extended Side Angle

Stand tall with legs hip-width apart, feet facing forward, and straighten your arms alongside your body. Step one foot back, angling it slightly outward. Keep your torso straight and bend your front leg. Tilt your upper body forward, rest your front elbow on your thigh (or take your hand to the floor), and reach your other arm straight up to the sky. Look up and take a couple of deep breaths. Repeat on the other side, but this time, set it up so that you and your partner are practicing the Extended Side Angle poses one in front of the other. One person has their bent leg to the left, and the other partner has their bent knee to the right, so that your poses are staggered. Reach your arms up and touch palms at the top.

5. How to practice Partner Chair Pose

Stand tall in Mountain Pose with your feet hip-width apart while facing each other. Reach out and grab your partner's hands in front of you. Bend your knees and keep a straight spine. Sit down into an imaginary chair and lean back, relying on the support of your partner's grasp. Sit as deeply as feels comfortable for both partners. Come out of the pose at the same time.



6. How to practice Partner Squat Pose

Stand facing each other with legs shoulder-width apart, with two arm's lengths between you. Bring your arms forward and clasp your hands together. Bend your knees and come down to a squat position, using your clasped hands to balance yourselves on the way down. Your knees can be splayed out, and you can try to come down on flat feet. Take a few moments there, and then at the same time, help each to stand up out of the pose.