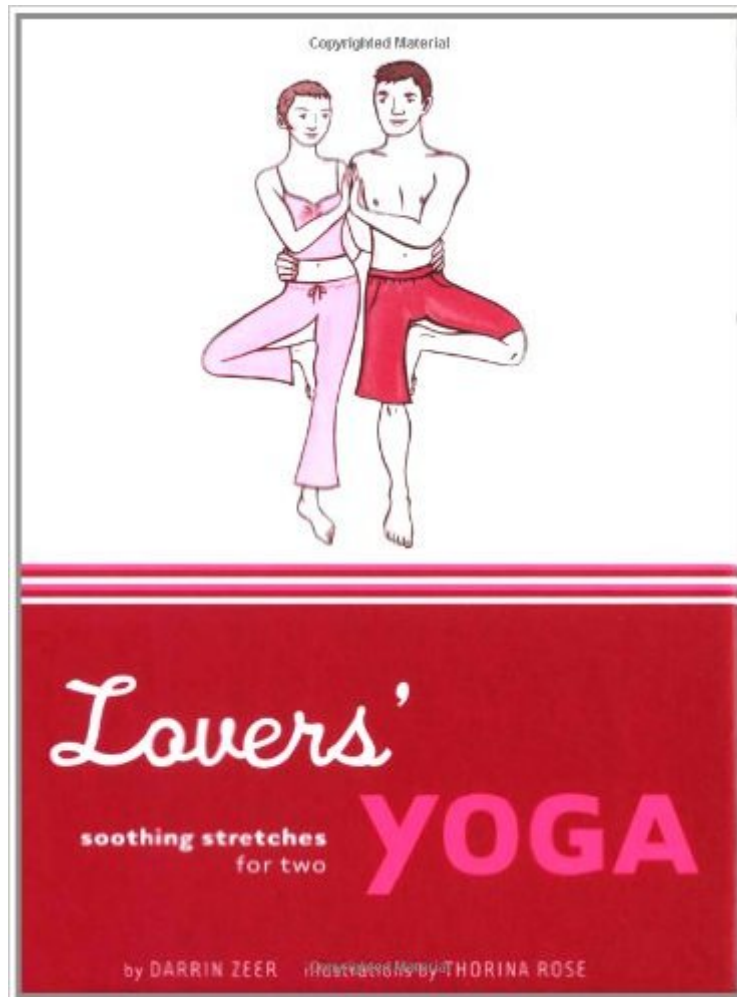


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Lovers' Yoga: Soothing Stretches For Two



Synopsis

Best-selling author Darrin Zeer knows it takes two to tango and two to yoga! His latest winner, *Lovers' Yoga*, shows how easy it is for couples to indulge in nurturing, soothing partner exercises to relax, rejuvenate, and create deep, lasting bonds. Delightfully illustrated, this little handbook outlines 60 surprisingly simple stretches organized into five chapters: Playful, Powerful, Peaceful, Patient, and Passionate. The exercises build on one another, so couples can indulge in one stretch, a chapter sequence, or the entire book from beginning to end. Whether time allows for a few minutes or a few hours, *Lovers' Yoga* aims to renew the connection and reignite the passion.

Book Information

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Product Dimensions: 4.9 x 0.6 x 6.3 inches

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Average Customer Review: 4.2 out of 5 stars [See all reviews](#) (20 customer reviews)

Best Sellers Rank: #998,968 in Books (See Top 100 in Books) #111 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Stretching](#) #1634 in [Books > Health, Fitness & Dieting > Sexual Health > General](#) #2375 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga](#)

Customer Reviews

Lovers Yoga is great little companion to all students and teachers of yoga. I have been teaching yoga for seven years, I was asked by one of my students to guide he and his girlfriend through a couples yoga session I prepared the class beforehand and when they arrived for the session they showed me this book and asked if I could take them through a sequence similar to this book. I was surprised when I looked through the book how similar my sequence was. Darrin has prepared his sequence in a tasteful romantic way and if you are a new student to yoga or someone whom has never done yoga before, you will feel comfortable doing these exercises for the first time. There is nothing in this book that a beginner could not do at home with their friends, family and lovers. I love how Darrin emphasises the joy and fun involved in couples yoga. I am now selling this book in my yoga studio.

This is a fun little book filled with mostly stretches that you do with a partner. While not the Yoga I was expecting, it is fun to do the stuff together. It is especially useful in that I have tight hamstrings and I get her help with stretching them out under the guise of being close and intimate hehe Get this book if you want to spend more intimate times together increasing your body's elasticity while improving your closeness with your SO. Do not get this book if you are expecting a yoga work out or tantric sex poses. You will be disappointed.

Guys, if you want to connect with your wife or girlfriend in a new and exciting way, you HAVE to buy this book! I purchased "Lovers' Yoga" for my wife as part of a "job search survival kit" of books I bought for her from including What Color Is Your Parachute? 2011: A Practical Manual for Job-Hunters and Career-Changers. She was recently let go as part of a major layoff and I wanted to show my support. She participated in a yoga club at work and had tried off and on teach me some poses but I had been resistant. Given the stress on both of us of her losing a job and searching for another one, I thought that buying this book help us relax together. As I anticipated, my wife was delighted to receive "Lovers' Yoga" as a gift. She said to me, "Not only does this say that you get me, it says you want to do something that I like with me." Right away we dimmed the lights, lit a candle, turned on some soothing music, and tried a few poses. What followed was an incredible experience of intimacy, trust building, and relaxation. The directions are easy to follow and the illustrations help to make performing the exercises simple. There are stretches, massages, and strengthening exercises, and breathing exercises all designed for two. Each one builds on the last, so you can do as many or as few as you want. The experience was amazing. We've been married for about a year and dated five years before that. Nevertheless, through these exercises I feel like we achieved a new level of connection. I am SO happy I bought this inexpensive little book. Some friends of ours are getting married to each other in a few weeks and I DEFINITELY plan to buy this for them as a gift!

My wife and I have used this book several times since buying it. The poses are not too difficult, but might take a little time to do correctly the first time. We had fun working out the poses the first time through. Some of the poses are somewhat intimate, then again it is called "Lovers' Yoga". It does vary a little from traditional partner yoga in this aspect.

Fun book to use with your significant other! It's laid out in an easy-to-understand format so that beginners can use this as well. The book is full of fun, relaxing stretching positions for couples. This

is not a kama sutra book - fyi.

I don't know what the author thought. maybe using the word lovers" would make it stand out from other yoga books....there are only so many asanas or poses to practice yoga, whether beginners, or advanced, doubles, or group, our love is for the practice.

I thought this would be a little more in depth. But it was more like a pocket book you would pick up on a spinner rack. It's not very detailed and does not really give new poses. I wouldn't recommended paying a lot of money for this one.

My hubby and I are delighted to have this book around to give us quick ideas for destressing or getting closer. I love how the chapters are organized to suit one's mood!

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Slow Cooking for Two, Cooking for 2 Recipes) Verdi and/or Wagner: Two Men, Two Worlds, Two Centuries Rainbow Warriors and the Golden Bow: Yoga Adventure for Children (Rainbow Warriors Yoga Series)

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