



Couple YOGA

PRIVATE SESSION
RM80.00

Couples Yoga is so much more than a simple Yoga practice. When you merge your practice with another's, you fall into sync with that person. Your breath, movement, and body positions find a rhythm together. The act balances energies coursing within the Pranic *Ida* and *Pingala* channels in the subtle bodies of both participants. Similarly, when you focus on the breath, body, and movement of another person in yoga practice, your physical body will entrain with the other. It's a beautiful practice that creates harmony within the couple.