

HOT

yoga



TAKE YOUR MARRIAGE

not your house

TO THE HIGHEST DEGREE

UMM, REALLY? HOT YOGA AT HOME??

You may have seen the words “Hot Yoga” and thought... “I am NOT turning on the heat in my house to 101 so I can sweat more while we do yoga.”

You’re totally right. Don’t do that... unless you just really really want to.

Hot Yoga is meant to turn up the heat in your marriage by giving you warm ups, stretches, poses and cool down techniques you can use on and off the mat.

Throughout the course of this handout, you’ll learn how practicing yoga can be a great way to practice communicating, focusing, being present, supporting and celebrating each other.

WHAT YOU’LL NEED FOR THIS

date night



**YOGA MAT
OR CARPETED ROOM OR AREA RUG**
(DIFFUSER OPTIONAL!)

**COMFORTABLE
CLOTHES**
(BUT NOT LOOSE-FITTING!)



(THAT’S IT! REALLY!)

WHAT HAPPENS ON THE YOGA MAT STAYS WITH YOU. ALWAYS.

Even if you've never actually done yoga before, you probably have a pretty good concept of what it's all about. (Or so you think you do.) Lots of stretches, breathing, meditating, pretzel poses, and tight-fitting pants some people wear even when they're nowhere near a yoga mat...

But, here's something you probably didn't know: *The word 'Yoga' is derived from the Sanskrit root 'Yuj', meaning 'to join' or 'to yoke' or 'to unite'.* In the grand scheme of things, this ancient practice is meant to unite your mind, body and spirit. The purpose of yoga is to make you more whole as a person by guiding you to be more aware and in control of your thoughts and senses.

WITH THIS DEFINITION IN MIND, CAN YOU IMAGINE WHAT PRACTICING YOGA WITH YOUR SPOUSE CAN DO FOR YOUR MARRIAGE?

When you take your marriage to the yoga mat, the two of you will practice noticing each other's positions, breathing patterns and facial expressions. You'll have to communicate when you need a little more support, when you need a little more space, and when you want to try something new or adventurous.

Yoga can be a really great workout, not only for your body, but for your marriage! It requires you to practice being present with each other and truly focusing on what matters most in the moment, your relationship.

So, without further ado, roll out that mat and let's get started!

WARMING YOUR WAY UP TO HOT

The first step to a great yoga practice is to WARM UP.

There are several different poses and stretches you can do to prepare yourself to be a little more flexible, strong and focused for what's to come. As mentioned before, *yoga requires you to push your body and mind so that it grows stronger and more united*. If you decide not to warm up, your body and mind won't be able to perform the more challenging poses to their fullest extent.

The same can be said for your marriage. When the two of you think outside the box and set aside intentional time to warm up your relationship, it will be easier to conquer the challenges life throws at you and overcome difficult seasons you may encounter.

Why? Because warming up your relationship means focusing on practicing communication, handling conflict, intimacy, etc.

The more you practice these things, the more likely they'll turn into habits. For example, let's say you're attempting a pretty strenuous pose and you start to feel a little unstable. *You have to practice asking your spouse for assistance and give them direction on how they can best help you out.*

Now, imagine you're no longer in yoga pants (sigh) and you're struggling to stay



afloat in everyday life. Or, maybe you're just having a bad day, and you need some support to help you through it. It will be easier and more intuitive for you to not only ask for help, but voice exactly what it is you need from your spouse.

On the flip side, the more you warm up your relationship together, the easier it will be to spot potential issues and work through them before they turn into something worse.

When you warm up on the yoga mat, it gives you a chance to be aware of how your body is doing. *If anything is tight, pulled, contracted, or just plain hurting, you will notice.* This gives you the opportunity to either spend a little more time nurturing and working through the issues, or adjusting how you do poses, etc., so you don't irritate the issue and make it worse.

Spending intentional time warming up your marriage will help you both identify potential issues within yourself and in your relationship. ***Once these issues are on the mat, take some time to work through them together and talk about how they can either be resolved, or how you can keep them from growing and affecting your relationship in the future.***

Take a moment now to have a conversation about ways you currently spend intentional time warming up your relationship and how you can use that time together even better in the future. ***See the next page for some questions to get you started!***



KNEE-TO-KNEE

Now turn, facing each other, and spend a few minutes answering these questions:

1. Do you think we currently spend enough intentional time together?
2. How can we make spending intentional time together more of a priority in our marriage?
3. Do you currently see any potential issues we need to work through together? If so, let's schedule a time to do so.

GIVE EACH OTHER A

smooch

AND LET'S KEEP THIS DATE
NIGHT GOING!

ALIGNING YOUR THERMOSTATS TO THE BEST TEMPERATURE

The next step of yoga is to practice asana poses. No, you're not going to get into a sauna, unless you have one... then heat it up all the way and go for it!

An asana pose is "a posture in which it is pleasurable to remain." These poses aren't easy, per se. And they take practice. But, once you get the hang of them and you become used to the form, your mind and body will benefit greatly from practicing these poses.

Here are just a few benefits to mention:

- They nourish and tone specific and often neglected organs and glands by directing the flow of blood, lymph and mental concentration to that area.
- The hormones secreted by the endocrine glands control our physical, mental and emotional states. By balancing these hormonal secretions, yoga asanas promote optimal physical and emotional conditions.
- Through use of the breath they purify the blood and promote calmness, concentration and depth of perception.
- Through use of balance and motionlessness they promote mental steadiness and calm.
- Through strengthening and cleaning the organs of elimination they make the body free of toxins and the mind clear.
- Through use of concentration they promote mental stability and perception.

The most difficult part of an asana pose is staying aligned. ***Your body and mind won't experience the benefits mentioned above if you're out of alignment.***

That's why it's so important to have an instructor or partner practice these poses with you so they can observe and lovingly put you back into the right place.

Of course, in marriage, there will be times you'll look at your spouse and think...

Why on Earth did you do that? Who even are you right now? ***We're all human. We all make mistakes.*** We

sometimes do things that may surprise or even unintentionally

hurt our spouse. ***It's important to be***

open and willing to see each other as

accountability partners in life.



Just like there are many benefits to practicing yoga, and specifically practicing asana poses, **research shows there are many benefits to being married.** One of those is having someone who knows who you are, who you strive to be, and who can lovingly push back when they fear you've gone off track. Of course, it's also helpful for the two of you to be aligned to the same vision and desire for your relationship.

Take a second now to have a conversation about what it looks like in your marriage to keep each other aligned so that your relationship can thrive, and you can both be your best selves.

KNEE-TO-KNEE

Now turn, facing each other, and spend a few minutes answering these questions:

1. Do you feel like I am open to receiving feedback or concerns from you? Why or why not?
2. On a scale of 1 to 10 (with 1 being not at all and 10 being totally on the same page), how aligned do you feel we are in our marriage?
3. What can we do to make sure we stay aligned in our relationship?

GIVE EACH OTHER A

smooch

AND LET'S KEEP THIS DATE
NIGHT GOING!

SUPPORTING EACH OTHER THROUGH THE SWEAT

You've warmed up. You've done your asanas. NOW, you're ready for the really HOT stuff.

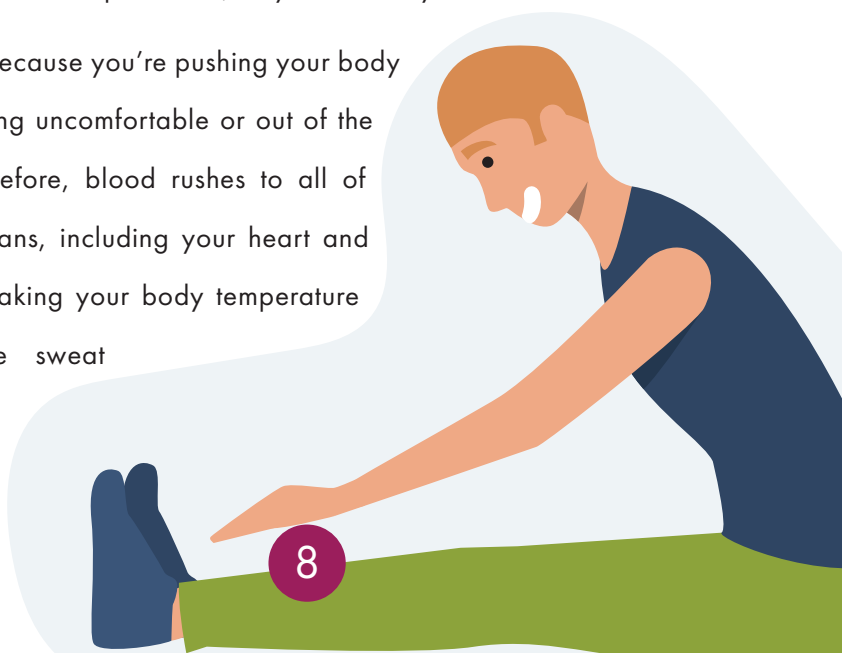
Balance poses are the third (and most difficult) phase of yoga. The best part about practicing with a partner is you have support to help you through.

Balance poses require strength from the core of your body and the core of your mind. Just like asanas, practicing balance poses has many benefits, such as:

- Toning and strengthening your muscles,
- Exercising your ability to maintain your emotional and mental balance in stressful situations,
- Increasing your awareness of balance, both mentally and physically,
- Allowing yourself to practice failing and then getting back into balance.

Here's something crazy to consider: balancing poses literally require you to just BE THERE. In the same place. Yet, they can make you sweat like mad.

Why is that? Because you're pushing your body to do something uncomfortable or out of the ordinary. Therefore, blood rushes to all of your vital organs, including your heart and your brain, making your body temperature rise and the sweat begin to pour.



When you practice balance poses with a partner, you're actually increasing the challenge for your mind and body, because you're not only supporting your balance, you're also supporting your partner's ability to balance.

Supporting each other in marriage is undoubtedly one of the BEST parts of being married, but it's not always the easiest thing to do. Sometimes, we get stuck on ourselves and support our own efforts. We forget to think about our spouse and how we can support them. Other times, we may step in and offer support when it's not really needed.

That's why open communication is so important.

Don't be afraid to ask each other for support or let each other know when you want to try something on your own.

While doing balance poses together, you have to trust each other, lean on each other and do your best not to let each other down. The same is true in everyday life.

While it's important for you to focus on your own balance, being aware of each other's balance and being willing to help each other out when needed is the key to maintaining a close, connected relationship for a lifetime.

Take a moment now to have a conversation about balance in your marriage and what support looks like in your everyday life.



KNEE-TO-KNEE

Now turn, facing each other, and spend a few minutes answering these questions:

1. In what ways do you feel like our marriage is balanced?
2. In what ways do you feel like our marriage is unbalanced?
3. Tell me about a time when you felt most supported by me.
4. How can I support you better? Give specific examples.

GIVE EACH OTHER A

smooch

AND LET'S KEEP THIS DATE
NIGHT GOING!

TAKIN' THE TEMPERATURE DOWN A NOTCH

Ah, the cool down. This is the phase of yoga where you get to float like a butterfly and rock like a baby. It can be tempting to move past this phase, especially if you're in a hurry. But, doing so will keep you from enjoying all of the hard work you just accomplished.

Cool down poses are actually meant to show your body praise and admiration for helping you through all of those asanas and balancing acts you just completed. They give you time to relax, to breathe and to feel the blood pumping through your veins.

So, how does the cool down phase translate into your marriage?

Building a strong, connected relationship takes work and effort. It's important to celebrate what you've accomplished together. Even if your celebrations look like a pint of ice cream on the couch while watching something on Hulu, take the time to enjoy relaxing, fun moments on a regular basis.

On a similar note, it's important to celebrate each other as individuals in your relationship.

Have you been asking your spouse to put their phone away at the dinner table? Or has your spouse been asking you to prioritize spending more time with them? Be sure to give them gratitude and appreciation when they show they've been listening to your needs and they're working hard to meet them.

Take a moment now to have a conversation about how you can take full advantage of "cool downs" in your relationship.

KNEE-TO-KNEE

Now turn, facing each other, and spend a few minutes answering these questions:

1. What's your favorite way to celebrate?
2. How do you feel most celebrated by me?
3. How can we do a better job of celebrating "us?"

GIVE EACH OTHER A

smooch

**AND THANKS FOR JOINING
US FOR DATE NIGHT!**

JOIN US FOR AN ONLINE EXPERIENCE FOR COUPLES

Hot LOVE

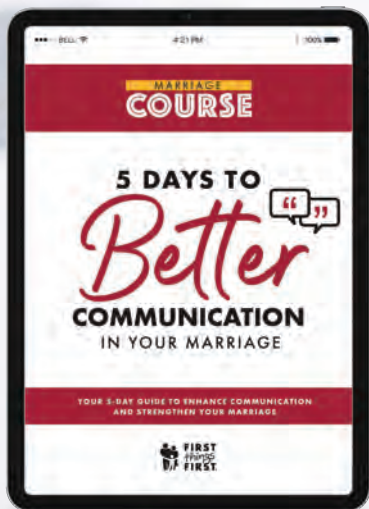
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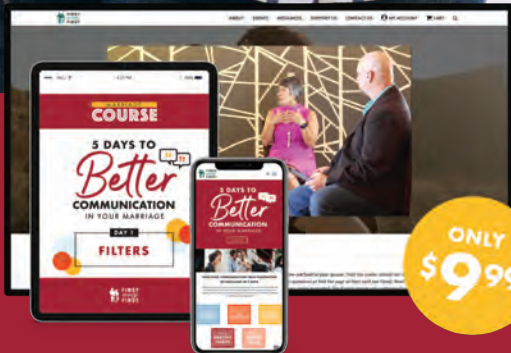
Hot Love is an online experience that will give you the tools you need to identify and overcome obstacles that may be creating distance in your marriage. Plus, you'll end the night with easy-to-use tips to help you spice things up in the bedroom and feel more connected! AND it's only \$15 per couple!

SIGN UP TODAY!

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