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## GET OUR 7 DAYS OF LOVE PROGRAM FOR FREE!

Get ready to have a great time learning how to love your spouse! What's that, you already know how? Well, The Dating Divas are here to give you a whole new perspective on delighting your better half with our incredible 7 Days of Love Program... and its absolutely free when you sign up for our newsletter!

Each day, for the next 7 days, you'll get a super-easy and fun way to connect with your spouse. At the end of this week, no matter how well you thought you knew your spouse, you'll have a whole new way of looking at the ways in which they love to be loved!

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the  
**DATING**  **DIVAS**

STRENGTHENING MARRIAGES, ONE DATE AT A TIME

# Couples YOGA DATE



PRINTABLES DESIGNED BY ELIZABETH EDWARDS  
EXCLUSIVELY FOR THE DATING DIVAS

*Let's get  
tangled up in*

A stylized lotus flower with two red petals in the foreground, a teal petal behind them, and grey petals at the base. The base is a green arc.

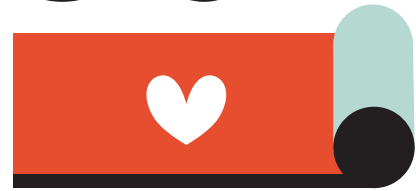
**YOGA**

WHEN: \_\_\_\_\_ WHERE: \_\_\_\_\_

INVITATION

# YOGA POSES

*for couples*



## CENTERING

Sit facing your spouse in a cross-legged position. Put your hands on each other's knees, look your spouse in the eye, and take time to appreciate them.



## BACK TO BACK DIALOGUE

Sit cross-legged and back to back with your spouse. Take a few deep breaths while simultaneously noticing your spouse's breath. Repeat and take time to reflect.



## SEATED BOUND ANGLE

Sit facing each other and grasp each other's forearms. Have one spouse bring the soles of their feet together while the other gently pulls them forward, stretching the hips. Switch.



## SEATED CAT COW

Grasp each other's forearms and lean away from one another. Inhale while drawing the shoulders down and back, and extending the spine. Exhale while rounding the back.



## FLYING WARRIOR

Have the base partner lie on their back with their feet extended in the air. The other partner grasps the base partner's hands and balances the abdomen on their feet. Slowly take flight.



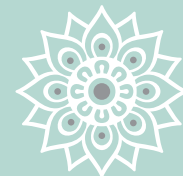
## BACK TO BACK BACKBEND/FORWARD FOLD

Begin in Back to Back Dialogue. Allow one spouse to fold forward while the other gently presses backward, creating a stretch in the hamstrings. Switch.



## BACK TO BACK SHOULDER STRETCH

Stand back to back and raise the arms to create a T-shape. Interlace the palms and take turns drawing each other's arms back for a gentle chest opener.

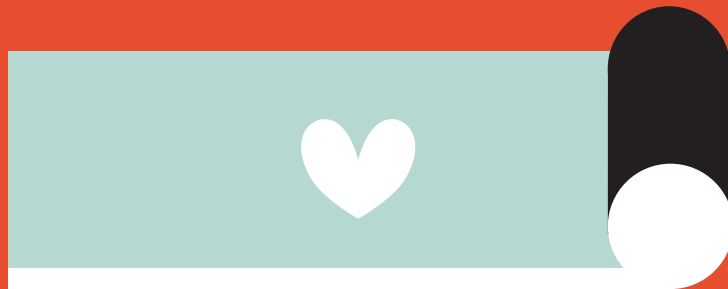


## LATERAL SIDE BEND

Sit facing each other in a straddle with your feet touching. Take a deep breath and reach the same hands up and over in the same direction, stretching your side bodies. Switch sides.

LET'S TAKE  
WHAT WE  
LEARNED

*to the bedroom!*



COUPLES YOGA  
*bedroom edition*

● Clothes  
are optional ●

BEDROOM INVITATION