

# YOGA THERAPY EXERCISES TO BRING YOU CLOSER TOGETHER

BY KAITLYN VITTOZZI

As a Yoga Therapist, I help couples experience themselves and their partner using movement, touch, mindfulness and listening activities so they can see themselves from a more centered place. I was at lunch with a colleague when she said, “the couples you work with, is there always a disconnect?” The short answer is no. Unfortunately, many of us are disconnected from ourselves most of the day, none the less our partners. Life leaves us stressed, overscheduled, and numbed out on technology. I personally have opened Instagram at least three times myself in trying to write this article! If we can't be present to ourselves, how can we show up fully for someone in relationship?

Reminder: You don't have to wait until your relationship is in dire straits to reach out to a trained mental health professional. Talk therapy can do amazing things for couples and families. (It's just not what I do.)

A couple's session is designed uniquely for each couple but here are a few exercises you can try on at home. There are many holistic methods inside of the scope of yoga therapy, but for this article, I'm going to use the seven chakras, or energy centers. (Note this is written for romantic couples but many of these could be helpful for family members and friends as well.)

**First Chakra:** Get yourself grounded. The first or root chakra is associated with safety and security and being the lowest chakra – grounding. Truthfully, if you don't have something makes you feel fulfilled and present, what energy

are you bringing to your relationship? Have one or two things that help you feel grounded and centered – maybe it's yoga, cooking, a breathing exercise, running. Whatever it is, make sure you're not running on empty and then trying to make relationship decisions. Some self-reflection never hurts. A few years ago, I had been wanting more quality time from my partner, but it wasn't until I was deep into a 30-day meditation program that I realized I kept shooting down his invites to spend more time together due to my chaotic schedule. Without me taking time for myself, I wouldn't have been able to make a change.

**Second:** Take a walk together. The sacral or second chakra is associated with sensuality and creativity. How creative can you really get stuck on the couch? Plan a time that you can both go into nature together. Even if you feel talked out, point out what you notice with your senses, the air on your skin, a new flower you've never noticed before.

**Third:** Practice listening. The navel or third chakra is all about taking action, but our society might already leave you feeling like you're not doing enough. And if you're always trying to do more, you're probably not showing up fully for your partner. So, the next action you can take: actively listen. Put your phone down, turn off the TV and prepare yourself to hear what the other person says. Read their body language in between. Typically, we talk for conversation. It's not your job to fix your partner's problems, simply listen

and make sure they know you hear them. You might come to a whole new understanding of each other.

**Fourth:** Longer hugs. The heart or fourth chakra is associated with love, joy, and compassion. The next time you go to hug your partner goodbye or hello, really mean it! Embrace them. Stay for a few extra breaths. Now, if this is received with a “Hey gotta go the car's running” the first time, don't get disappointed. Tell the other person what you're doing when they have more time.

**Fifth:** Be Honest. The throat or fifth chakra is associated with your voice. Being honest can be hard, but you don't want to get into the habit of sweeping anything under the rug either. Sometimes we let ourselves compile a list of grievances with the other person – but never let them know until it blows up, and it's not fair to throw that at them all at once. Now, you may think “I don't want to be a nag!” The next time something is on your mind remember Bernard Meltzer's advice ““Before you speak ask yourself if what you are going to say is true, is kind, is necessary, is helpful.””  
**Sixth:** Stop Comparing. The third eye or sixth chakra is associated with your intuition. We tend to get in our heads about what our relationship should look like or could look like; sometimes those feelings are brought on by seeing other couples whether in-person or on social media. When you notice that's happening, come back to present moment. Notice it's happening, take a deep breath, become aware of what

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you’re feeling in your body. Now look at your own relationship, without external ideals getting in the way. It takes a lot of energy to worry about what others are doing that could be better spent on the people you love.

Seventh: Practice gratitude together. The crown or seventh chakra is associated with consciousness. According to Brené Brown “never talk about gratitude

and joy separately, for this reason. In 12 years, I’ve never interviewed a single person who would describe their lives as joyful, who would describe themselves as joyous, who was not actively practicing gratitude.” Try once a day to tell your partner something good that happened. It doesn’t have to be a huge raise or promotion; it could be a great laugh you had. Even better, tell your partner one good thing they

did each day. “I really appreciated you getting the milk out for the coffee” or “Thank you for listening to me when I had to get that off my chest.”

If you feel like you need a personalized guide through the chakras, schedule a couples yoga therapy session. Call (585) 200-7209 or email [Kaitlyn@tozziyoga.com](mailto:Kaitlyn@tozziyoga.com) for a free phone consultation.