



MINDFUL DATE GUIDE

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What I love about yoga therapy – whether for an individual or a couple – is that it helps us tune in instead of out. So for this month I created a Mindful Date Guide to let you do just that. These are primarily for romantic partners, but many of these could definitely be attended solo to connect deeper to yourself or to enhance a relationship with a friend or a family member. So put the wine and the Netflix down, and check these out this summer. (Note: these are primarily around the Rochester and Finger Lakes region, but I would bet if you're reading these from out of area you can find similar experiences near you – or travel to come visit us!) So here we go, in no particular order.

1. Community Acupuncture: Acupuncture can be very healing if you are dealing with stress, an injury or medical condition. But did you also know it can be incredibly relaxing? Rather than book a private acupuncture session for yourself, consider booking a community session. You and your partner can book side-by-side beds or armchairs where you can listen to soft music. The doctors place a few gentle needles in your skin based on how you are feeling that day and any medical conditions you may have. Essentially, you get to take a little nap if you like and it is a great alternative to a cup of coffee for a weekend pick-me-up. Scared of the needles? They are totally pain free and the doctors are there with you if you need anything at all. Acu585.Com for schedule and details.

2. Meditation Walk: This is actually totally free and can be done at home or

on vacation. I recommend all couples go on walks together, but have you ever tried a silent walk together? We are a culture with a lot of mental chatter, and you would be surprised how much of it actually comes out of our mouths (a lot). Choose either a parklike setting or simply a quiet time on your neighborhood street. This could be extremely awkward at first, but just notice your own feet on the ground and your senses the first half of the walk - try not to make any small talk. At the halfway mark, check in with how that's been for the other person and what they've noticed. Option to hold hands or not on the way back, notice outside of yourself – whether it's the surroundings, your connection to your partner, or something else. The silence gets more comfortable with practice.

3. Paddleboard Yoga: Standup Paddleboard (SUP) Yoga is the perfect way to connect to nature while getting in tune with yourself. No yoga experience is required to take this floating yoga class. See if you can really go with the flow as much as you say you do while practicing yoga on scenic Canandaigua Lake or Sodus Bay. SUP boards are extra wide, extra long surf boards so they're stable – you will feel some rocking underneath you but you won't necessarily tumble into the lake – though it is encouraged in the nice weather! The teacher will guide the class through safety measures, instruction, and breath all while you get to feel the water underneath you and the sun on your face. Want something more intimate? Book a private class just for the two of you Fingerlakesyogascapes.com

to book a public or private class.

4. Couples Boudoir Photo Shoot: Whatever comes to mind when you think Boudoir photography, throw it out the window. This is more than just snapping some risqué photos, this is a full day experience designed for you and your partner. No cookie cutter photos, you both get to bring your own personal touches to the shoot to let your own identity as a couple shine. You'll have hair and makeup done right at the studio. You'll be posed and captured in photos that make you feel confident, sexy and excited about yourself and your partner. Rocboudoorexperience.com for more information.

5. Yoga Therapy for Couples: So many couples try to talk to find deeper connection, but it falls flat when you're stressed out and overscheduled. What if you didn't give up, but stopped talking about it and started moving with it? These partner yoga sessions are nothing acrobatic. A yoga therapy session for couples consists of gentle joint warmups, intention setting, breath, touch, listening exercises and meditation. Feel what it's like to really tune out the rest of the world for an hour and laugh together while enhancing your communication from a more grounded space. PenfieldYogaTherapy.com to book.

6. The Spa at the Inns of Aurora: My trip to the Spa at Inns of Aurora was actually with a friend of mine and we had a blast. Book your treatment ahead of time and take the short drive out of Rochester. After checking in you can ditch your cell phone - actually, all of



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these activities have been phone free – throw on a comfortable robe and enjoy this exquisite spa. The complimentary café food is nutritious, you have access to indoor and outdoor pools and cold

plunge, as well as wet and dry saunas. Sip on some tea before or after your treatment and enjoy some downtime with your love. Innsouthern.com/spa/ to reserve.

What did I miss? Email Kaitlyn@tozziyoga.com with more recommendations.