

## The Enlightened Path of Partner Yoga

When we intentionally connect our body and being with another, something magical happens – we feel an energy exchange that is greater than two.

There is a subtle, yet powerful presence that is activated. We could name it Prana, Lifestance, Shakti, Chi, or even simply Love. The presence of love, non-attached and unconditional, is experienced when two or more beings connect with each other in an aligned and open-hearted fashion.

“IN MY EXPERIENCE, PARTNER YOGA IS AN  
*accelerated path* TO THE ROOT PRINCIPLE  
OF YOGA ~ *union.*”

– ELYSABETH WILLIAMSON



Sitting sacrum-to-sacrum for instance, is such a simple and profound experience. All of our normal perceptions of relating face to face shift, and we feel ourselves and each other in a deeper, more complete way. It is intriguing to consider how often we

think we need to remove ourselves from others in order to feel ourselves, but this simple practice demonstrates how we come to feel and know ourselves more fully through consciously connecting with others.

There are of course times when solitude is exactly what is needed, just as there are times for individual practices is what will best serve us. After teaching a recent Partner Yoga workshop someone shared, “Yoga will never be the same for me again. I experienced something so profound in the connection and understand Yoga in a whole new way.” This is so gratifying for me to hear as I intimately understand what she speaks, from my own direct experience.

One of my favorite definitions of the word enlightenment is, “Enlightenment is our natural essence of being.” I love this because it expresses that enlightenment is not a “state” to be achieved but a deep relaxation into our true self. It is a way of being that does not push away or cling to anything but rests in itself – in full perceptual openness to everyone and everything.

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I feel so incredibly blessed to share my passion for Partner Yoga – to encourage others toward a more enlightened, open and natural way to be with themselves and others. Often I hear, “But I don’t have anyone to practice with.” I invite you to experience this practice with any willing person – from a family member to a Yoga friend. Through pleasures of the practice, you will experience a wonderful paradox – how we are all essentially the same, and yet so uniquely different!

*Elysabeth Williamson, E-RYT 500, has been a teacher and innovator in the world of Yoga for over twenty five years. She is the founder of Principle-Based Partner Yoga™ and author ‘The Pleasures and Principles of Partner Yoga’. Elysabeth travels internationally to train teachers in the art of Partner Yoga. To learn more visit: [www.PartnerYoga.net](http://www.PartnerYoga.net)*