# Mates

A 30-minute flow for blokes who think they're not flexible | Roberto Damante

Arrival · Mobility · Warm-up · Standing · Held · Relaxation · Meditation

**1** ARRIVAL



**Back to back**
With a mate or a wall. 2 min

**2** MOBILITY



**Knees to chest**
Rock side to side

**3** MOBILITY



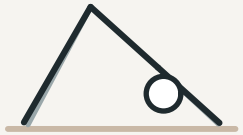
**Cat**
Exhale, round

**4** MOBILITY



**Cow**
Inhale, open

**5** WARM-UP



**Down dog**
Bend the knees. Really bend them

**6** WARM-UP



**Plank**
5 breaths, knees down if needed

**7** WARM-UP



**Child's pose**
5 breaths

**8** STANDING



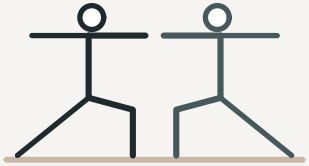
**Chair**
5 breaths. The legs will burn

**9** STANDING



**Warrior 2**
5 breaths

**10** STANDING



**Warriors together**
Stand hip to hip, join hands



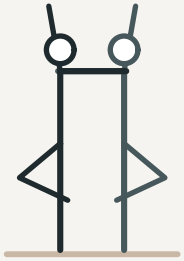
**Turn around. Repeat 9 and 10 facing the other way**

**11** STANDING



**Back-to-back chair**
Lean in and sit down, 30 sec

**12** STANDING



**Mates' tree**
Arms round shoulders

**13** HELD



**Pigeon**
Or figure-4 on your back

## How to move through it

For men who'd never walk into a yoga studio. Nothing here needs you to be flexible. Bend your knees as much as you like.

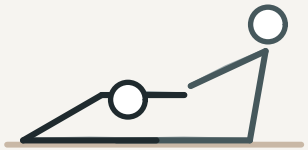
The partner postures are better with a mate, but a wall works for every one of them. Hold standing postures for 5 breaths.

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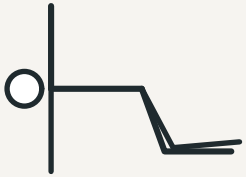
14 HELD



**Seated pull**

Hold hands. One folds, one leans back. Swap

15 HELD



**Supine twist**

1 min each side, seen from above

16 RELAXATION



**Savasana**

5 min

17 MEDITATION



**Back to back again**

1 min. Feel each other breathe

## The theme, and what to say

Open with: *Most of us don't need another workout. We need somewhere to breathe next to someone.* Keep it light and let the laughing happen. After the last back-to-back breathing, suggest a walk or a coffee together. That's often where the real conversation starts.