Two of Us

A 20-minute flow for partners and friends | Roberto Damante

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

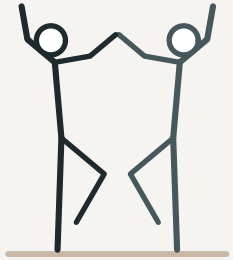
1 ARRIVAL



Back to back

Sync your breathing, 2 min

2 MOBILITY



Mirror

One leads, one copies. Swap

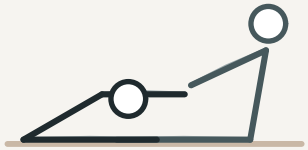
3 WARM-UP



Boat for two

Soles together, hold hands

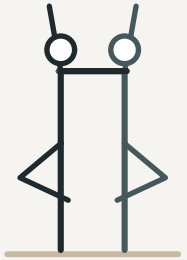
4 HELD



Seated pull

One folds, one leans back. Swap

5 STANDING



Tree for two

Arms round shoulders

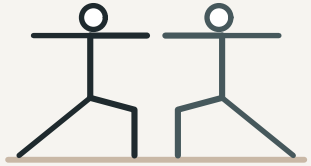
6 STANDING



Back-to-back chair

Lean in and sit down

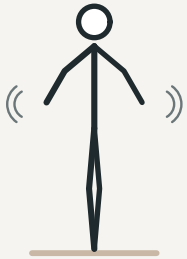
7 STANDING



Warriors together

Hip to hip, hold hands

8 STANDING



Shake it out

Face each other, 30 sec

9 RELAXATION



Rest side by side

4 min

10 MEDITATION



Back to back again

What did you notice?

How to use it

For two people. Partners, friends, siblings, anyone. Go at the pace of whoever is less flexible, and keep talking the whole way. A bit less, a bit more, that's great.

What to say

Open with: *We spend a lot of time near each other without really being together.* At the end, tell each other one thing you noticed.