



yoga2hear
Beginners Yoga
Volume 1
Guide Book

This guide book must only be used in conjunction with the accompanying audio class.

Introduction.

Thank you for purchasing a Yoga2hear guided audio Yoga class. Before you start here are a few bits of information that you may find useful;

If you have no previous experience of Yoga it may take a couple of sessions before you settle into the idea of moving and breathing slowly and feel at ease with the class. This is quite normal and often happens to new Yoga students. Slow controlled breath is a fundamental part of Hatha Yoga. It assists the postures and with regular practice you will find that your breath becomes easier to control, your postures will deepen naturally and your mind will become more focussed.

Always use a non-slip Yoga mat and never force your postures, just relax into them. The more you practice the postures the more familiar you will become with them and the greater the benefits you gain from them.

Your class will have maximum effect if you are not disturbed during it. Why not turn off your phone when you prepare your area and then just lie back, close your eyes, trust the instructions and allow yoga2hear to guide you through your yoga practice.

We are keen to hear your comments on this product. If you would like to let us know what you think or want more info on our products and events please visit us at yoga2hear.co.uk.

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Introduction. Please ensure you listen carefully to the Introduction and that you strictly follow its recommendations at all times.

Relaxation. Lay on your back with your hands beside the hips and the palms facing up. Broaden the upper back and release the shoulders towards the floor. Relax the pelvis and allow the legs to rotate outwards (A). Relax your feet and your facial muscles . Breathe slowly through the nose.



Pelvic Tilt. Lay on your back with your knees bent and the soles of the feet on the floor. Relax the upper body, release the lower back towards the floor and lift the lower abdominal muscles (A). As you inhale lift the arms from the floor towards the ceiling and continue over until the fingertips touch the floor above your head (B). As you exhale return the hands to the start position. Continue as instructed linking breath and movement.



Spinal Twist. Lay on your back with your knees bent and your arms straight out to the sides level with the shoulders. Your palms are facing up (A). As you exhale allow your knees to fall to the right and at the same time turn your head to the left (B). As you inhale return your knees and your head to the central starting position (A). As you exhale allow your knees to fall to the left this time and at the same time turn your head to the right (C). As you inhale return your knees and your head to the central starting position (A). Continue on alternate sides linking breath and movement.



Wind Release. Lay on your back and draw the knees in towards the chest (A). As you inhale move the knees away from chest (B). As you exhale draw the knees back in towards the chest (A).



Crossed Leg Sit (Right over Left). Sit with your right leg crossed in front of your left leg. Lift your lower abdominal muscles and sit up as tall as you can, broadening the upper back and releasing your shoulders away from your ears. Place the backs of your hands onto your knees (A). As you inhale lift your arms straight out to the sides until your hands form a prayer position above your head, look towards your hands (B). As you exhale return your arms and head to the start position (A). Continue, linking breath and movement. When instructed relax your upper body forward (C). Continue to breathe slowly through your nose as you relax your shoulders and release your forehead and forearms towards the floor.



Seated Spinal Twist (Right). Sit with your right leg crossed in front of your left leg. Place your left hand to the outside of your right knee and your right hand to the floor behind you. Inhale and sit up as tall as you can. As you exhale twist to the right looking over your right shoulder (A).



Crossed Leg Sit (Left over Right). Sit with your left leg crossed in front of your right leg. Lift your lower abdominal muscles and sit up as tall as you can, broadening the upper back and releasing your shoulders away from your ears. Place the backs of your hands onto your knees (A). As you inhale lift your arms straight out to the sides until your hands form a prayer position above your head, look towards your hands (B). As you exhale return your arms and head to the start position (A). Continue linking your breath with your movement. When instructed relax your upper body forward. Continue to breathe slowly through your nose as you relax your shoulders and allow your forearms and forehead to release towards the floor (C).



Seated Spinal Twist (Left). Sit with your left leg crossed in front of your right leg. Place your right hand to the outside of your left knee and your left hand to the floor behind you. Inhale and sit up as tall as you can. As you exhale twist to the left looking over your left shoulder (A).



The Staff with Arm Lift and Forward Bend. Sit with your legs extended in front of you. Lift your lower abdominal muscles and try to sit up with a straight back. Flex your feet so the toes are pointing up towards the ceiling. Place your hands on your thighs and soften the backs of the legs towards the floor (A). This posture is called The Staff. Lift your arms so that your hands are shoulder width apart above your head with the palms facing each other (B). Continue to breathe slowly through the nose. Fold your upper body forward relaxing your forearms to the floor beside your legs. Relax your shoulders and release the forehead towards the knees (C). Continue to breathe slowly through the nose.



Cat and Child. Begin on your hands and knees. Place your hands under your shoulders and your knees under your hips. Relax the tops of your feet towards the floor (A). This posture is called Cat. As you exhale round your back up towards the ceiling and drop your chin towards your chest (B). As you inhale reverse the position by dropping the stomach down towards the floor and lifting the lower back, chest and head (C). As you exhale round your back up towards the ceiling and drop your chin towards your chest again (B). Continue linking breath and movement. When instructed move your hips back towards your heels and release the upper body towards the floor. Either make two fists with your hands and place one on top of the other under your forehead (D) or take the arms alongside the body and direct the fingers towards the feet. This posture is called Child.



Cat, Downward Dog and Child. Begin on your hands and knees. Place your hands under your shoulders and your knees under your hips (A). As you exhale curl your toes under, move your hips back and allow your knees to leave the floor (B). Continue to exhale as you slowly unfold your legs to create a triangular shape with your body (C). Push down into the floor with your hands and direct your armpits towards the floor. This is the Downward Dog posture. When instructed place your knees back to the floor and relax the tops of the feet (A).
Cont.



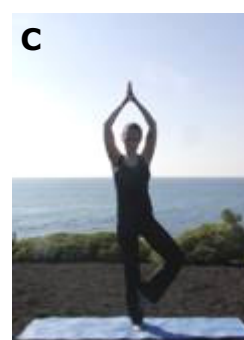
Allow your hips to move back towards your heels and release your upper body towards the floor. Make two fists with your hands and place one on top of the other under your forehead (D), or take the arms alongside the body and direct the fingers towards the feet (E). Rest in the Child posture breathing slowly through the nose.



Straight Leg Forward Bend. Bring yourself to a kneeling position with your toes curled under and the hands placed on the floor in front of the knees (A). Lift your knees up from the floor and rock back onto the balls of the feet (B). Slowly straighten your legs keeping your chin directed towards your chest and your hands on the floor if possible for added stability (C). Bend your knees slightly if you experience pulling in the backs of your legs.



Tree on the Right Leg. From a standing position slowly rise onto the balls of your feet, then slowly lower your heels back to the floor. When instructed rise onto the balls of your feet, lift your arms straight out to the sides to a position above your head and interlink your fingers turning the palms of your hands towards the ceiling (A). Lower your arms and your heels. Transfer your weight onto your right leg. Place the sole of your left foot against your right calf with the toes facing towards the floor and your left knee out to the side. Bring your hands to a prayer position in front of your chest (B). Maintaining your position lift your arms above your head (C). When instructed slowly lower your arms and place the left foot back to the floor.



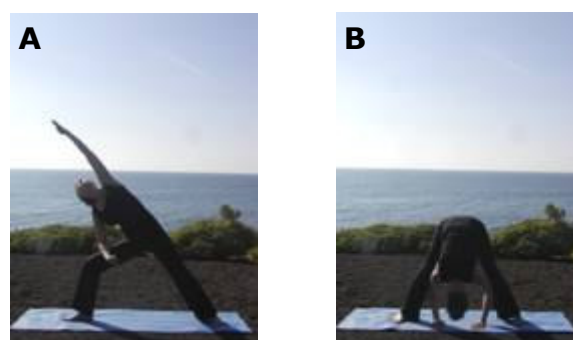
Tree on the Left Leg. From a standing position slowly rise onto the balls of your feet, then slowly lower your heels back to the floor. When instructed rise onto the balls of your feet, lift your arms straight out to the sides to a position above your head and interlink your fingers turning the palms of your hands towards the ceiling (A). Lower your arms and your heels. Transfer your weight onto your left leg. Place the sole of your right foot against your left calf with the toes facing towards the floor and your right knee pointing out to the side. Bring your hands to a prayer position in front of your chest (B). Maintaining your position lift your arms above your head (C). When instructed slowly lower your arms and place the right foot back to the floor.



Warrior 2 on the Right Side. Stand with your feet leg length apart. Have your left foot facing 12 o'clock and your right foot facing 2 or 3 o'clock. Your hips and torso are facing forward and your arms are level with your shoulders (A). Bend your right knee and turn your head to look along your right arm (B).



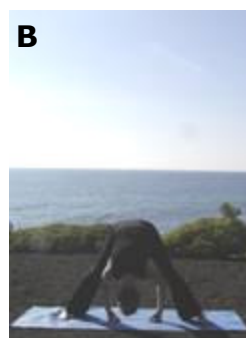
Side Stretch on the Right Side and Wide Leg Forward Bend. Place your right forearm onto your right thigh and reach your left arm up past your left ear. Look towards your left hand (A). When instructed release the stretch, turn both feet to face 12 o'clock and relax your upper body forward (B).



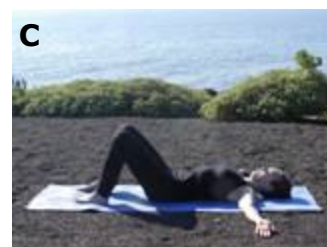
Warrior 2 on the Left Side. Stand with your feet leg length apart. Have your right foot facing 12 o'clock and your left foot facing 9 or 10 o'clock. Your hips and torso are facing forward and your arms are level with your shoulders (A). Bend your left knee and turn your head to look along your left arm (B).



Side Stretch on the Left Side and Wide Leg Forward Bend. Place your left forearm onto your left thigh and reach your right arm up past your right ear. Look towards your right hand (A). When instructed release the stretch, turn both feet to face 12 o'clock and relax your upper body forward (B).



Lower Back Release and Spinal Twist. Lay on your back with your knees bent and the soles of the feet on the floor (A). When instructed slowly draw your knees in towards your chest (B). Relax your shoulders and your lower back as you breathe slowly through your nose. When instructed release your knees. Lay on your back with your knees bent and the soles of the feet on the floor. Your arms are level with the shoulders and the palms are facing up towards the ceiling (C).
Cont.



As you exhale allow your knees to fall to the right and at the same time turn your head to the left (D). As you inhale return your knees and your head to the central starting position (C). As you exhale allow your knees to fall to the left this time and at the same time turn your head to the right (E). As you inhale return your knees and your head to the central starting position (C). Continue on alternate sides as instructed linking breath and movement.



Relaxation. Lay on your back with your hands beside the hips and the palms facing up. Broaden the upper back and release the shoulders towards the floor. Relax the pelvis and allow the legs to rotate outwards (A). Relax your feet and your facial muscles. Breathe slowly through the nose.



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