



YOGA2HEAR

Pramayamas

for

Beginners

Guide Book

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

YOGA 2 HEAR

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Intro to Yoga 2 Hear

Thank you for purchasing a Yoga 2 Hear guided audio yoga class. Our classes provide top quality achievable and effective Hatha yoga instruction that can be used whenever and wherever you choose.

With Yoga 2 Hear audio yoga classes you can close your eyes and concentrate 100% on the clear and easy to follow instructions, this allows you to gain the maximum benefits from each class.

Before you start here are a few bits of information that you may find useful;

Slow controlled breath is a fundamental part of Hatha Yoga. With regular practice you will find that your breath becomes easier to control and the techniques used in this class will become more effective.

Make sure that the area in which you are following this class is warm and free from any obstructions. You will need enough room to move your arms in all directions whilst laying and sitting on your yoga mat.

If you have high blood pressure or are pregnant the breath retentions used in this class are not suitable for you. As an alternative take a short natural pause between breaths.

Pranayamas is the Sanskrit name given to yogic breathing exercises. Pra-

Pranayamas For Beginners

navama trans-lates from Sanskrit to mean control of vital life force. By practicing

Pranayamas we are able to learn techniques that control the breath and raise our levels of prana.

This 40 minute class is suitable for those with and without any previous experience of yoga. It introduces simple yogic breathing techniques including the Ujjayi Breath or Breath of Tranquillity, Breath Retention, Locks, Prana Mudra and Relaxation techniques. When practiced regularly these techniques will improve your levels of health and vitality and can also bring the following benefits;

The lungs become stronger and the elasticity of the lungs and rib cage is improved, this increases lung capacity permanently and can help to eliminate respiratory problems.

The work load of the heart is reduced as it becomes stronger and more efficient, this will help to reduce blood pressure and reduce the risk of heart disease.

The quality of the blood improves due to higher levels of oxygen being absorbed, as a result the digestive system becomes more efficient and the nervous system is nourished. The skin is also fed with extra oxygen and becomes rejuvenated, it appears smoother and facial lines can be reduced.

Pranayamas also encourage relaxation, reduce anxiety and increase mental focus so that the mind can function more clearly.

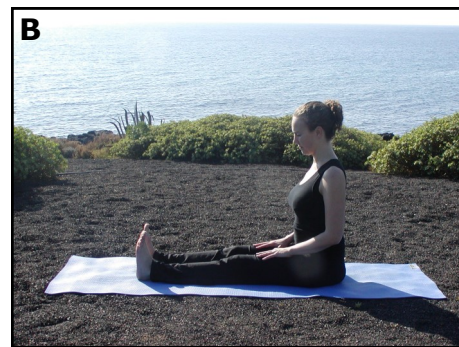
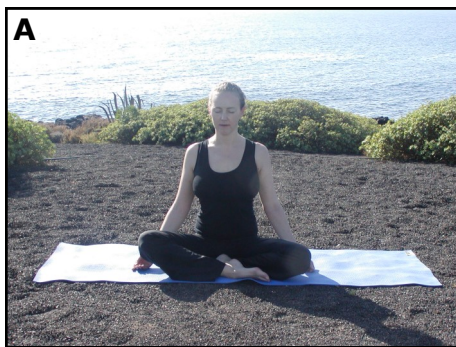
Track 1. Introduction

Please ensure you have carefully read and understood this guide book before commencing the class and that you strictly follow the recommendations in the Medical Warning.

Track 2. The Pranayamas

Seated alignment and basic yogic breathing. Begin sitting in a comfortable position with your ankles crossed (A) or your legs extended out in front of your body (B). If you are not comfortable in either of these positions you can try

sitting on a yoga block or folded towels. This will raise your hips and should make either position more comfortable. Alternately you can perform this section of the class seated in a firm stable chair without arms. Breathe slowly in and out through your nose, broaden your upper back, release your shoulders away from your ears and lightly close your eyes. Continue as instructed.



The Ujjayi Breath (You-Jai) or Breath of Tranquility. As you breathe in and out through your nose imagine that the breath is entering and leaving your body through an opening in the front of your throat. This technique will help to open up the throat allowing more air into the lungs. As you inhale and exhale allow your breath to create a slight sound similar to soft snoring as it passes over your vocal cords. Continue as instructed.

Breath Retention. Whilst continuing to use the Ujjayi breathing technique, begin to add a slight pause between each inhalation and exhalation as instructed. As this technique progresses work to lengthen the pause between breaths, as instructed, until you are retaining your breath. Continue to focus on the sound created by your breath moving over your vocal cords. When instructed return to using the Ujjayi breathing technique.

Breath Retention using Locks . Whilst continuing to use the Ujjayi breathing technique begin to become aware of the pause between each inhalation and exhalation. Work to gradually lengthen the pause between these breaths as instructed. When instructed, begin to lift your pelvic floor muscles as you pause between each inhalation and exhalation. As you then exhale release your pelvic floor muscles. Continue as instructed.

Prana Mudra. Whilst continuing to use the Ujjayi breathing technique bring your hands into your lap and join your fingertips. Now straighten your arms and place your hands on your legs whilst keeping the fingertips joined. When

instructed inhale and lift your arms straight up in front of your body until they are above your head (C). Look to your hands and then allow your hands to part until they are slightly wider than shoulder width apart. As you exhale, lower your arms straight out to the sides of your body then return your hands into your lap and join your fingertips. Continue as instructed linking your breath and movement.



Relaxation Meditation. When instructed move into a position laying flat on your back with your hands beside your hips and your palms facing up (D). Breathe slowly in and out through your nose using the Ujjayi breathing technique. As you do so become very aware of your breath entering and leaving your body. Continue to relax as instructed.



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.

YOGA2HEAR

PRANAYAMAS & MUDRAS VOL.1

Sue Fuller



BREATHING EXERCISES AND GESTURES
FOR HEALTH AND VITALITY

YOGA2HEAR

Pranayamas & Mudras Vol.1

Guide Book

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Introduction

Thank you for purchasing the Yoga 2 Hear Pranayamas and Mudras Vol.1 guided audio class. Our classes provide top quality achievable and effective instruction that can be used whenever and wherever you choose.

With Yoga 2 Hear audio yoga classes you can close your eyes and concentrate 100% on the clear and easy to follow instructions, this allows you to gain the maximum benefits from each class.

Before you start here are a few bits of information that you may find useful;

Slow controlled breath is a fundamental part of Hatha Yoga. With regular practice you will find that your breath becomes easier to control and the techniques used in this class will become more effective.

Make sure that the area in which you are following this class is warm and free from any obstructions. You will need enough room to move your arms in all directions whilst laying and sitting on your yoga mat.

If you have high blood pressure or are pregnant the techniques used in this class are not suitable for you.

Pranayamas & Mudras Vol.1

This 40 minute class is suitable for those with and without any previous experience of yoga. It combines a number of carefully selected Pranayamas with a number of simple yet effective Mudras. The Pranayamas encourage relaxation, reduce anxiety and increase mental focus so that the mind can function more clearly. The Mudras are used in yoga to compliment and intensify a practice, they also help to channel and seal energy inside the body to produce many positive effects including balancing the body and mind and encouraging spiritual growth. Mudras can be practiced on their own or whilst performing asanas (postures), bandhas (locks), meditations and pranayamas.

Pranayamas is the Sanskrit name given to yogic breathing exercises. Pranayama translates from Sanskrit to mean control of vital life force. By practicing Pranayamas we are able to learn techniques that control the breath and raise our levels of prana (vital life force or energy). Prana travels around the body via nadis (energy zones) and resonates in the chakras (vortex's of energy located in different areas of the body).

The word Mudra translates from Sanskrit to mean gesture or attitude. Mudras manipulate, reflect, seal and direct prana around the body. Performing a mudra whilst breathing slowly in and out through the nose with the correct intent will have an extremely positive effect on both body and mind. Each Mudra has a different focus, these are explained in more detail in the Class Guide section.

Track 1. Introduction

Please ensure you have carefully read and understood this guide book before commencing the class and that you strictly follow the recommendations in the Medical Warning.

Track 2. The Class.

Chin Mudra with Breath Retention & Locks. Begin sitting with your right leg crossed in front of your left leg. Grow up out of the crown of your head, broaden your upper back and soften your shoulders as you breath slowly through your nose. Rest the backs of your wrists onto your knees with your palms facing up. Spread your fingers and roll the tip of your index finger down to the base of your thumb (A). This is the Chin Mudra. Continue as instructed.



The Chin mudra is used to increase consciousness. It creates a loop between the index finger which represents the individual consciousness (Atman) and the thumb that symbolises the supreme consciousness (Brahman). The loop redirects energy that has travelled to the hands back towards the brain. By placing the wrists to the knees another energy loop is created that retains prana within the body. The breath retentions and locks used here increase the levels of prana in the body making the techniques more effective.

The Staff with a Forward Bend. Slowly straighten your legs and flex your feet. When instructed inhale and lift your arms straight up and out to the sides of your body. Continue until your hands are above your shoulders (A). As you exhale soften your shoulders. Inhale and grow then as you exhale fold your body forward into a seated forward bend (B). Release your hands down to the floor and drop your chin onto your chest. Continue as instructed.



Gyana Mudra with Cleansing Breaths. Begin sitting with your left leg crossed in front of your right leg. Grow up out of the crown of your head, broaden your upper back and soften your shoulders. Rest your wrists onto your knees with your palms facing down. Spread your fingers and roll the tip of your index finger down to the base of your thumb (A). This is the Gyana Mudra. Continue as instructed.



The Gyana Mudra is used to increase Knowledge or Wisdom. As with the Chin Mudra the loop created between the index finger and the thumb redirects energy back towards the brain. The cleansing breaths used here remove toxins from the body. This allows prana to flow more freely making the Gyana Mudra more effective.

The Staff with a Forward Bend. Please refer to the description and images on Page 3 of this guide booklet.

Chin Mudra with Kapalabhati. Begin sitting with your right leg crossed in front of your left leg. Grow up out of the crown of your head, broaden your upper back and soften your shoulders. Rest the backs of your wrists onto your knees with your palms facing up. Spread your fingers and roll the tip of your index finger down to the base of your thumb (A). Continue as instructed.



The Kapalabhati breathing technique used here helps to clear the mind and remove toxins from the body. This allows prana to flow more freely and makes this Mudra even more effective.

The Staff with a Forward Bend. Please refer to the description and images on Page 3 of this guide booklet.

Yoni Mudra. Begin sitting with your left leg crossed in front of your right leg. Lift your lower stomach muscles, grow up out of the crown of your head, broaden your upper back, soften your shoulders and relax your face. Interlink your fingers in front of your body. Join the tips of your index fingers and the tips of your thumbs in order to create a diamond shape. Direct your index fingers down towards the floor and lift your elbows out to the sides of your body and bring your hands up in front of your chest (A). This is the Yoni Mudra. Continue as instructed.



The Yoni Mudra is used to balance body and mind. The left and right hands are joined which allows prana to be balanced throughout the body.

The Staff with a Forward Bend. Please refer to the description and images on Page 3 of this guide booklet.

Relaxation Meditation. When instructed take yourself down onto your back and draw your knees in towards your chest holding on to your knees or your shins (A). Breath slowly through your nose as your release tension from your lower back. When instructed release your knees and place your feet to the floor keeping your knees bent and place your hands beside your hips with the palms facing up (B). Continue as instructed. When instructed extend your legs so that you are laying flat on your back (C). Continue as instructed.



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YOGA2HEAR

Pranayamas & Mudras Vol.2

Guide Book

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Intro to Yoga 2 Hear

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Pranayamas & Mudras Vol.2

This 45 minute class is suitable for those with and without any previous experience of yoga. It combines a number of carefully selected Pranayamas with a number of effective Mudras. The Pranayamas encourage relaxation, reduce anxiety and increase mental focus so that the mind can function more clearly. The Mudras are used in yoga to compliment and intensify a practice, they also help to channel and seal energy inside the body to produce many positive effects including balancing the body and mind and encouraging spiritual growth. Mudras can be practiced on their own or whilst performing asanas (postures), bandhas (locks), meditations and pranayamas.

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The word Mudra translates from Sanskrit to mean gesture or attitude. Mudras manipulate, reflect, seal and direct prana around the body. Performing a mudra whilst breathing slowly in and out through the nose with the correct intent will have an extremely positive effect on both body and mind. Each Mudra has a different focus, these are explained in more detail in the Class Guide section.

Track 1. Introduction

Please ensure you have carefully read and understood this guide book before commencing the class and that you strictly follow the recommendations in the Medical Warning.

Track 2. The Class.

Yoga Mudra. Begin sitting with your right leg crossed in front of your left leg. Grow up out of the crown of your head, lift your lower stomach muscles, broaden your upper back and soften your shoulders away from your ears. Lightly close your eyes as you breath slowly through your nose. Rest the backs of your wrists onto your knees with your palms facing up and the fingers relaxed. Take your hands behind your back and hold onto your left wrist with your right hand (A). When instructed inhale fully inflating your lungs, as you exhale fold your body forward dropping your chin onto your chest. Inhale and uncurl. Continue as instructed.



The Yoga Mudra is used to encourage unity or connection with the universal consciousness. It clears the mind and prepares the body and mind for meditation.

The Staff with a Forward Bend. Slowly straighten your legs and flex your feet.

When instructed inhale and lift your arms straight up and out to the sides of your body. Continue until your hands are above your shoulders (A). As you exhale soften your shoulders. Inhale and grow then as you exhale fold your body forward into a seated forward bend (B). Release your hands down to the floor and



Yoga Mudra. This is a repeat of the technique used on page 3 of this guide book except this time you cross your left leg in front of your right leg and hold onto your right wrist with your left hand.

The Staff with a Forward Bend. This is a repeat of the technique used on page 3 of this guide book.

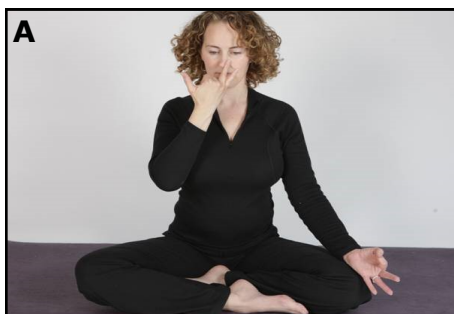
Hridiaya Mudra. Begin sitting with your right leg crossed in front of your left leg. Grow up out of the crown of your head, lift your lower stomach muscles, broaden your upper back and soften your shoulders away from your ears. Rest the backs of your wrists onto your knees with your palms facing up. Spread your fingers and roll the tips of your index fingers down to the base of your thumbs. Join the tips of your middle and ring fingers to the tips of your thumbs and extend your little fingers (A). Breath slowly through your nose. Continue as instructed.



The Hridiaya Mudra prevents prana leaving the body through the hands and redirects it to the heart. This mudra will help to strengthen the heart, balance emotions and is ideal to use during times of emotional conflict and crisis.

The Staff with a Forward Bend. This is a repeat of the technique used on page 3 of this guide book.

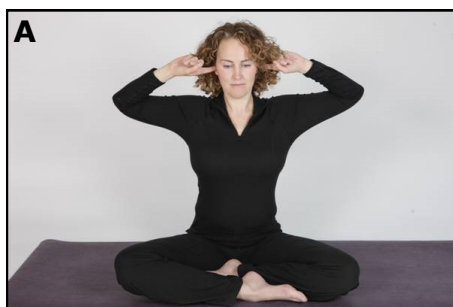
Alternate Nostril Breathing Pranayama. Begin sitting with your left leg crossed in front of your right leg. Broaden your upper back, soften your shoulders and grow up out of the crown of your head as you lift your lower stomach muscles. Place the back of your left wrist to your left knee with the palm facing up. Spread the fingers and roll the tip of the index finger down to the base of the thumb. Hold up your right hand and roll the index finger and middle finger down to the palm (A). You will be using your thumb to block your right nostril and your ring finger to block your left nostril. Continue as instructed.



Alternate Nostril Breathing balances the two sides of the brain and strengthens the lungs. It can be used to relieve the symptoms associated with migraine.

The Staff with a Forward Bend. This is a repeat of the technique used on page 3 of this guide book.

Brahmari Pranayama. Begin sitting with your right leg crossed in front of your left leg. Broaden your upper back, soften your shoulders and grow up out of the crown of your head as you lift your lower stomach muscles. Rest the backs of your wrists onto your knees with your palms facing up. Spread your fingers and roll the tips of your index fingers down to the base of your thumbs (Chin Mudra). Breath slowly through your nose. When instructed inhale fully inflating your lungs, as you exhale lightly place your index fingers into your ears with your elbows lifted out to the sides of your body and hum (A). As you inhale again return your hands to Chin Mudra. Continue as instructed.



Brahmari lifts your mood and calms the mind. It can be used to prevent and treat mild depression.

The Staff with a Forward Bend. This is a repeat of the technique used on page 3 of this guide book.

Bhoochari Mudra. Begin sitting with your left leg crossed in front of your right leg. Grow up out of the crown of your head, lift your lower stomach muscles, broaden your upper back and soften your shoulders. Place your left wrist onto your left knee with the palm facing down. Spread the fingers and roll the index finger down to the base of the thumb. Lift your right arm up with the elbow out to the side and place the thumb of your right hand to your top lip. Keep the right hand flat with the palm facing down (A). Look to your little finger as you breath slowly through your nose. Continue as instructed.



This mudra helps to develop concentration skills. It also calms and relieves anger and is ideal to use as preparation for meditation.

Relaxation Meditation. When instructed take yourself down onto your back and draw your knees in towards your chest holding on to your knees or your shins (A). Close your eyes and breathe slowly through your nose. When instructed place your feet to the floor keeping your knees bent. Allow your knees to fall out to each side as you join the soles of your feet. Lift your arms up above your head and soften the arms down into the floor as you breathe slowly through your nose. Continue as instructed. When instructed extend your legs so that you are laying flat on your back with your hands beside your hips and the palms facing up (B). Continue as instructed.



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