

YOGA RELAXATIONS

GUIDED YOGA RELAXATION SESSIONS

YOGA2HEAR

**Yoga Relaxations  
Guide Book**

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

# Yoga Relaxations

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# Yoga Relaxations

## **Introduction.**

Thank you for purchasing a yoga2hear Yoga Relaxations CD or download. The three 25 minute guided relaxation sessions each use clear, easy to follow instructions to introduce basic yoga breathing, muscle relaxation and visualization techniques which are the perfect tools to help you banish stress, clear your mind and induce a state of deep relaxation.

It's important that you make time to follow each of these relaxation sessions from start to finish on a regular basis. We recommend you plan when you are able to do a session, set aside half an hour and find a quiet place where you won't be interrupted.

The sessions are followed whilst laying down. If you wish to use a cushion or pillow to support your head and make you more comfortable then please do so. During a session you can also bend or extend your legs if required at anytime to avoid any discomfort.

Towards the end of each session there are a couple of minutes of gentle background music without any instruction, this will allow you to deepen your relaxation before the music fades and the session comes to an end.

We recommend a regular practice of both mind-centred and body-centred exercises. Yoga is a body-centred activity that removes muscular tension and has a calming effect on the mind. It is the ideal form of exercise to use alongside your mind-centred relaxation practice. Combining the two elements will bring you much greater benefits.

We hope you enjoy this session and are always keen to hear any comments you may have. If you would like to let us know your thoughts or would like information on our extensive range of classes please visit us at [www.yoga2hear.co.uk](http://www.yoga2hear.co.uk).

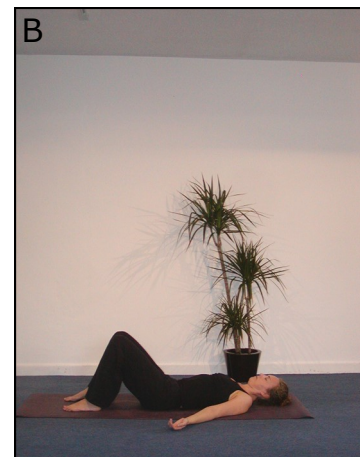
# Relaxation Session 1

## .The Session.

Begin laying on your back with your knees bent and the soles of your feet on the floor. Lightly close your eyes, relax all of your facial muscles and breath slowly through your nose. Place your hands lightly onto your stomach between your belly button and your sternum (A). Continue as instructed.



When instructed place your hands beside your hips with your palms facing the ceiling (B). Continue as instructed.



When instructed extend your legs so you are now laying flat on your back with your palms facing the ceiling (C). Continue as instructed.



# Relaxation Session 2

## .The Session.

Begin laying on your back with your legs extended and the palms of your hands lightly resting onto your stomach just above your belly button. Lightly close your eyes, and breath slowly in and out through your nose. (A). Continue as instructed.



When instructed place your arms alongside your body with your palms facing up (B). Continue as instructed to the end of the session.



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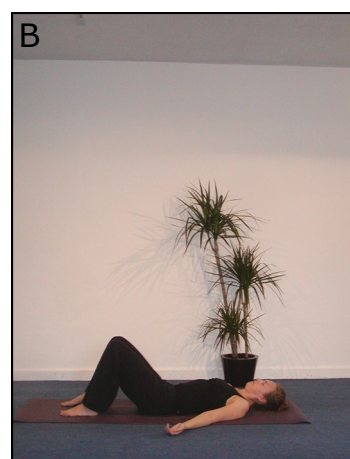
# Relaxation Session 3

## .The Session.

Begin laying on your back with your with your arms alongside your body and your palms facing up. Lightly close your eyes and breathe slowly in and out through your nose (A). Continue as instructed.



When instructed place your hands beside your hips with your palms facing the ceiling (B). Continue as instructed to the end of the session.



# YOGA2HEAR



**YOGA2HEAR**

**Yoga Vinyasas for**

**Beginners**

**Guide Book**

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# Yoga Vinyasas for Beginners

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# Yoga Vinyasas for Beginners

## **Introduction.**

Thank you for purchasing the Yoga2hear Yoga Vinyasas for Beginners download. The download consists of three 26 minute classes that use expert guidance combined with different atmospheric background music tracks to introduce and develop basic flowing yoga techniques. Each class naturally progresses from the previous one by moving at a slightly faster pace and by using subtle and effective variations of postures.

Each of the Beginners Yoga Vinyasas is made up of 5 parts.

These are;

1. Preparation.
2. The Vinyasa sequence focusing on alignment and technique on the right side.
3. The Vinyasa sequence focusing on alignment and technique on the left side.
4. The flowing Vinyasa sequence using one breath per movement.
5. A relaxation section.

Yoga Vinyasa's are a quick and effective way of enjoying the many benefits yoga has to offer. They are an ideal way to start your day and are great as a quick fix yoga session when you do not have the time for a full class. The more often you practice these Vinyasa sessions the greater the benefits you will gain from them.

Please ensure you have read and understood the medical warning and disclaimer in this guide book before commencing the classes. We recommend that you always use a non-slip yoga mat and never force your postures - just relax into them. If you feel pain or discomfort relax the posture immediately.

We are always keen to hear your comments on this product. If you would like to let us know what you think please visit us at [www.yoga2hear.co.uk](http://www.yoga2hear.co.uk).

# Vinyasa 1

## Part 1. Preparation.



**A)** Begin standing at the top end of your mat. Have a small space between the insides of your feet. The outside edges of your feet are parallel and your weight is distributed evenly through the soles of your feet. Breathe slowly in and out through your nose. **B)** When instructed inhale and lift your arms up and out to the side until your hands form a prayer position above your head, look to your hands. **C)** As you exhale lower your arms and head returning them to your start position. Repeat movements B & C three more times as instructed.



**D)** Begin in your standing position at the top end of your mat. **E)** Inhale and lift your arms up and out to the side until your hands form a prayer position above your head, look to your hands. **F)** As you exhale lower your arms and hinge forward from your hips into a standing forward bend. **G)** As you inhale uncurl and lift your arms up until your hands form a prayer position above your head, look to your hands. **H)** As you exhale lower your arms and head returning them to your start position. Repeat movements E, F, G and H two more times as instructed.

## Part 2. Alignment and technique on the right side. P.4



**A)** Begin in your standing position at the top end of your mat. Breathe slowly in and out through your nose. **B)** Inhale and lift your arms up and out to the side until your hands form a prayer position above your head, look to your hands. **C)** As you exhale lower your arms and hinge forward from your hips into a standing forward bend. **D)** As you inhale step your right leg back. **E)** When instructed inhale, then as you exhale step your left leg back so the left foot is next to the right foot. Push down into the floor with your hands so your hips move backwards into the Downward Dog posture. **F)** When instructed inhale and place your knees to the floor under your hips. Relax the tops of your feet to the floor and position your hands under your shoulders. **G)** When instructed exhale and look between your legs rounding your back up towards the ceiling. **H)** As you inhale reverse the position by pushing your stomach and lower ribs down to the floor and lifting your chest and head. **I)** Exhale and look between your legs again rounding your back up towards the ceiling. **J)** Reverse the position again by pushing your stomach and lower ribs down to the floor and lifting your chest and head. **K)** Exhale and look between your legs again rounding your back up towards the ceiling. **L)** As you inhale step your right foot forward to a position between your hands. **M)** As you exhale step the left foot forward next to the right foot and fold forward into a standing forward bend. **N)** When instructed inhale and uncurl, lift your arms up and out until your hands form a prayer position above your head, look to your hands. **O)** Exhale and lower your hands to a position in front of your chest. Hold this posture breathing slowly through your nose.

### Part 3. Alignment and technique on the left side.

P.5



**A)** Begin in your standing position at the top end of your mat. Breathe slowly in and out through your nose. **B)** Inhale and lift your arms up and out to the side until your hands form a prayer position above your head, look to your hands. **C)** As you exhale lower your arms and hinge forward from your hips into a standing forward bend. **D)** As you inhale step your left leg back. **E)** When instructed inhale, then as you exhale step your right leg back so the right foot is next to the left foot. Push down into the floor with your hands so your hips move backwards into the Downward Dog posture. **F)** When instructed inhale and place your knees to the floor under your hips. Relax the tops of your feet to the floor and place your hands under your shoulders. **G)** When instructed exhale and look between your legs rounding your back up towards the ceiling. **H)** As you inhale reverse the position by pushing your stomach and lower ribs down to the floor and lifting your chest and head. **I)** Exhale and look between your legs again rounding your back up towards the ceiling. **J)** Reverse the position again by pushing your stomach and lower ribs down to the floor and lifting your chest and head. **K)** Exhale and look between your legs again rounding your back up towards the ceiling. **L)** As you inhale step your left foot forward to a position between your hands. **M)** As you exhale step the right foot forward next to the left foot and fold forward into a standing forward bend. **N)** When instructed inhale and uncurl, lift your arms up and out until your hands form a prayer position above your head, look to your hands. **O)** Exhale and lower your hands to a position in front of your chest. Hold this posture breathing slowly through your nose.

## Part 4. Flowing Sequence

P.6

This track guides you through the postures in parts 2 and 3 at a faster flowing pace using one breath for each movement. Please refer to the photographs and descriptions used in parts 2 and 3 if required.

## Part 5. Relaxation.



**A)** Begin laying on your back with your hands beside your hips and your palms facing up. Breathe slowly in and out through your nose. Sink down into the floor each time you exhale. Relax the muscles on your face. Lengthen you lower back away from the crown of your head, broaden your upper back and release your shoulders down into the floor. Remain here breathing slowly until the music fades at the end of the session.

# Vinyasa 2

## Part 1. Preparation.



**A)** Begin in your standing position at the top end of your mat. **B)** Inhale and lift your arms up and out to the side until your hands form a prayer position above your head, look to your hands. **C)** As you exhale lower your arms and hinge forward from your hips into a standing forward bend. **D)** As you inhale uncurl and lift your arms up and out until your hands form a prayer position above your head, look to your hands. **E)** As you exhale lower your arms and head returning them to your start position. Repeat movements B, C, D and E once more as instructed. Cont

## Part 1. Preparation cont.

P.7



**F)** Begin in your standing position at the top end of your mat. **G)** Inhale and lift your arms up until your hands form a prayer position above your head, look to your hands. **H)** As you exhale lower your arms and hinge forward from your hips into a standing forward bend. **I)** As you inhale look forward. **J)** As you exhale fold forward again dropping your chin onto your chest. **K)** As you inhale uncurl and lift your arms up until your hands form a prayer position above your head, look to your hands. **L)** As you exhale lower your arms and head returning them to your start position. Repeat movements F, G, H, I, J and K once more as instructed.

## Part 2. Alignment and technique on the right side.

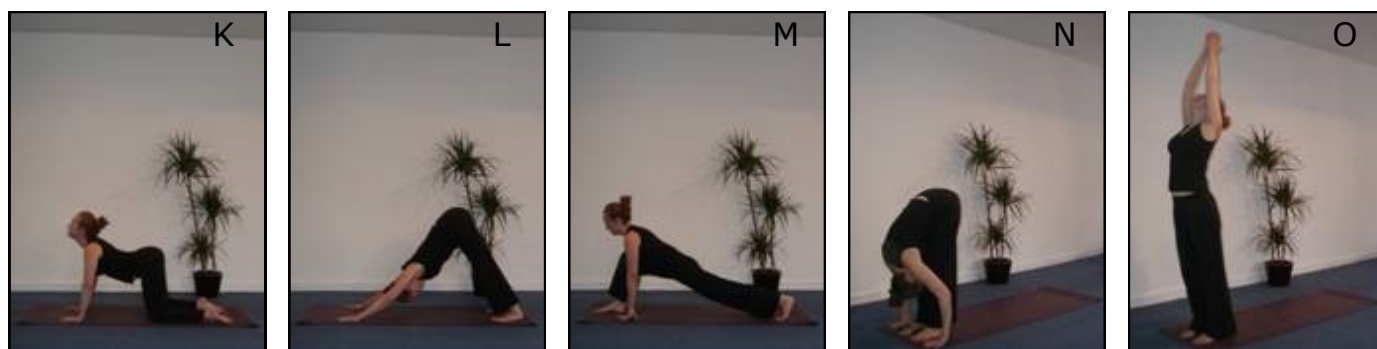


**A)** Begin in your standing position at the top end of your mat. **B)** Inhale and lift your arms up and out to the side until your hands form a prayer position above your head, look to your hands. **C)** As you exhale lower your arms and hinge forward from your hips into a standing forward bend. **D)** As you inhale look forward. **E)** As you exhale step your right leg back into a long lunge. Cont.

## Part 2. Alignment and technique on the right side cont.



**F)** When instructed inhale and then as you exhale straighten your left leg, fold your upper body over the left leg. Hold this posture and continue to breathe slowly through the nose. **G)** When instructed inhale and bend the left knee. **H)** As you exhale step the left foot back so the left foot is next to the right foot. Push down into the floor with your hands so your hips move backwards into the Downward Dog posture. Hold this posture breathing slowly through your nose. **I)** When instructed inhale and move into Cat. Place your knees to the floor under your hips. Relax the tops of your feet to the floor and have your hands under your shoulders. **J)** Exhale and drop your chin onto your chest as you look between your legs and round your back up towards the ceiling.



**K)** As you inhale reverse the position by pushing your stomach and lower ribs down to the floor and lifting your chest and head. **L)** Exhale and drop your chin onto your chest again as you look between your legs and round your back up towards the ceiling. Continue the movement by curling your toes under, lifting your knees from the floor, straightening your legs and pushing back into the Downward Dog posture. Hold the posture breathing slowly through the nose. **M)** When instructed inhale and step your right foot forward to a position between your hands.

**N)** As you exhale step the left foot forward next to the right foot and fold forward into a standing forward bend. **O)** When instructed inhale and uncurl, lift your arms up until your hands form a prayer position above your head, look to your hands. **P)** Exhale and lower your hands in front of your chest. Hold this position breathing slowly through your nose.

### Part 3. Alignment and technique on the left side.

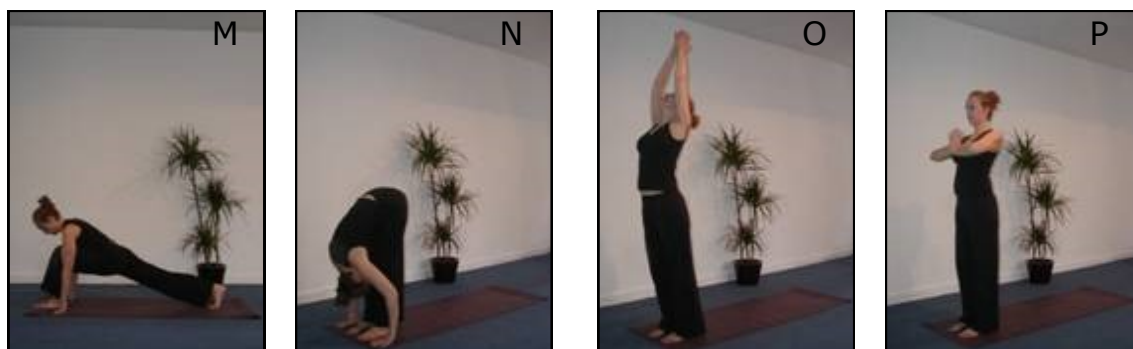


**A)** Begin in your standing position at the top end of your mat. **B)** Inhale and lift your arms up and out to the side until your hands form a prayer position above your head, look to your hands. **C)** As you exhale lower your arms and hinge forward from your hips into a standing forward bend. **D)** As you inhale look forward. **E)** As you exhale step your left leg back into a long lunge.

**F)** When instructed inhale and then as you exhale straighten your right leg, fold your upper body over the right leg. Hold this posture and continue to breathe slowly through the nose. **G)** When instructed inhale and bend the right knee. **H)** As you exhale step the right foot back so the right foot is next to the left foot. Push down into the floor with your hands so your hips move backwards into the Downward Dog posture. Hold this posture breathing slowly through your nose. **I)** When instructed inhale and move into Cat. Place your knees to the floor under your hips. Relax the tops of your feet to the floor and have your hands under your shoulders. **J)** Exhale and drop your chin onto your chest as you look between your legs and round your back up towards the ceiling. **K)** As you inhale reverse the position by pushing your stomach and lower ribs down to the floor and lifting your chest and head. **L)** Exhale and drop your chin onto your chest again as you look between your legs and round your back up towards the ceiling. Continue the movement by curling your toes under, lifting your knees from the floor, straightening your legs and pushing back into Downward Dog. Hold this posture breathing slowly through the nose. Cont.



### Part 3. Alignment and technique on the left side cont.

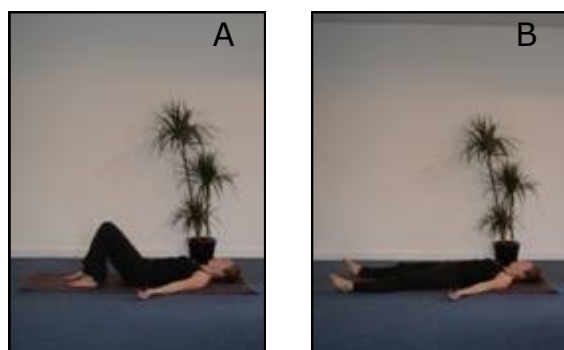


**M)** When instructed inhale and step your left foot forward to a position between your hands. **N)** As you exhale step the right foot forward next to the left foot and fold forward into a standing forward bend. **O)** When instructed inhale and uncurl, lift your arms up until your hands form a prayer position above your head, look to your hands. **P)** Exhale and lower your hands in front of your chest. Hold this position breathing slowly through your nose.

### Part 4. Flowing Sequence

This section guides you through the postures in parts 2 and 3 at a faster pace using one breath for each movement. Please refer to the photographs and descriptions used in parts 2 and 3 if required.

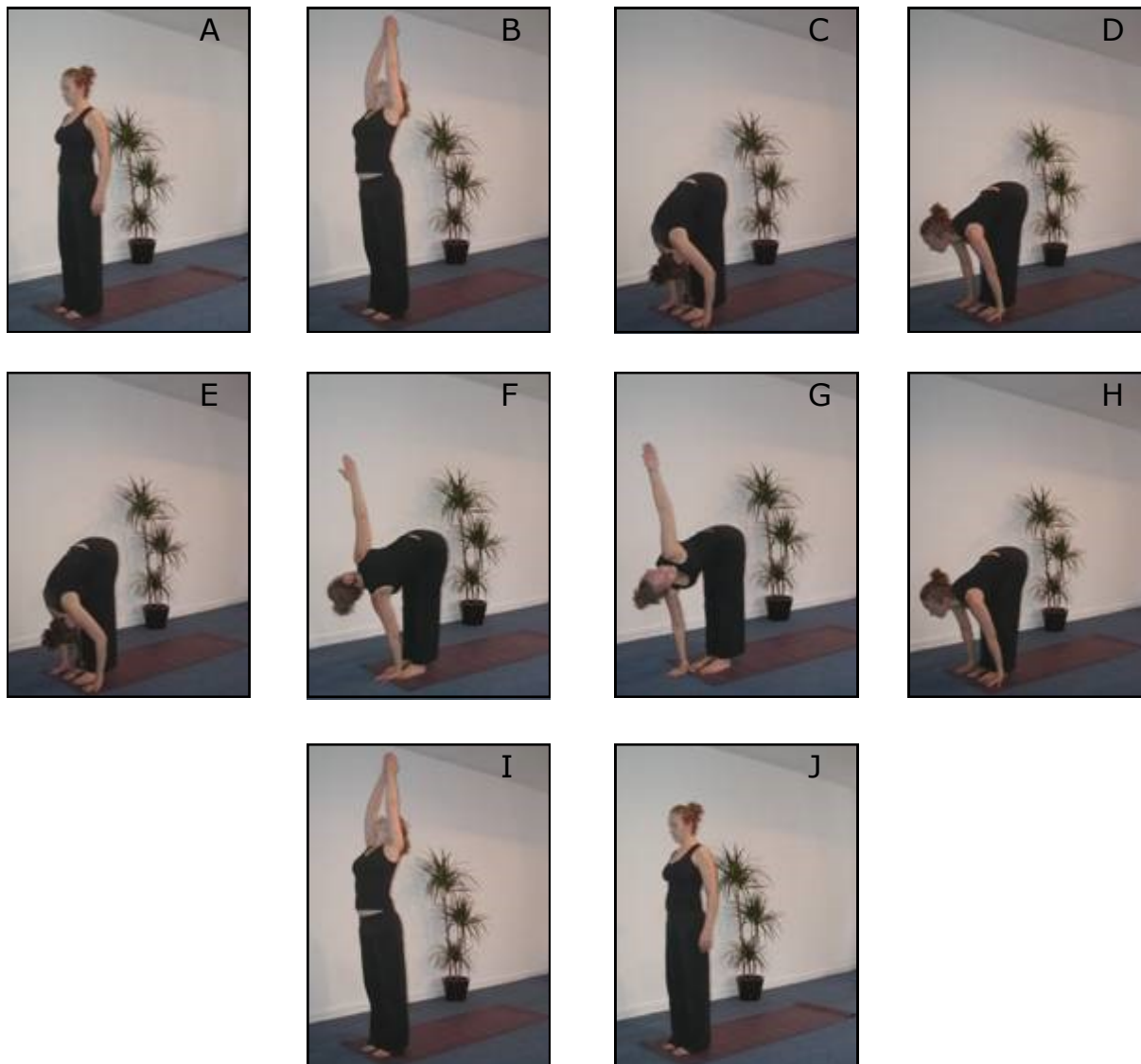
### Part 5. Relaxation.



**A)** Begin laying on your back with your knees bent and the soles of your feet on the floor. Your hands are beside your hips with your palms facing up. Broaden your upper back and sink your shoulders down towards the floor. Breathe slowly in and out through your nose. Sink down into the floor and release tension from your body each time you exhale. Close your eyes and relax the muscles of the face. **B)** When instructed extend your legs so you are now laying flat on your back. Be aware of your breath entering and leaving your body as you breathe in and out through your nose. Remain here breathing slowly until the music fades at the end of the session.

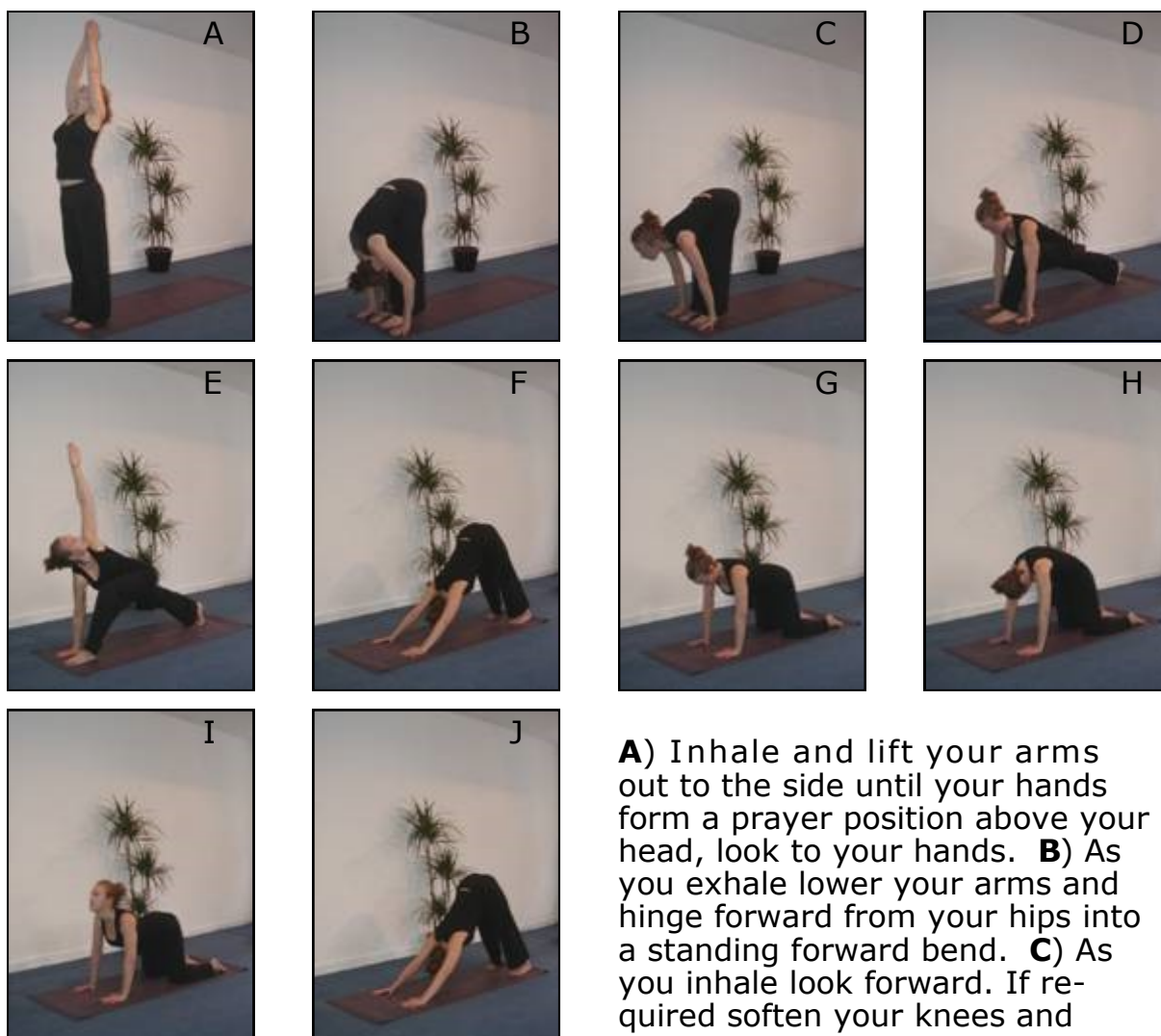
# Vinyasa 3

## Part 1. Preparation.



**A)** Begin in your standing position at the top end of your mat. **B)** Inhale and lift your arms out to the side until your hands form a prayer position above your head, look to your hands. **C)** As you exhale lower your arms and hinge forward from your hips into a standing forward bend. **D)** As you inhale look forward. **E)** As you exhale fold forward again dropping your chin onto your chest. **F)** As you inhale lift your right arm up towards the ceiling and turn your head look to your right hand. As you exhale lower the right arm and relax your head. **G)** As you inhale lift your left arm up towards the ceiling and turn your head look to your left hand. As you exhale lower the left arm and relax your head. **H)** Inhale and look forward then exhale and fold again. **I)** Inhale and uncurl as you do so lift the arms up and out to the sides to create a prayer position above the head. Look to your hands. **J)** As you exhale lower your arms. Repeat movements B to J twice more as instructed.

## Part 2. Alignment and technique on the right side.



**A)** Inhale and lift your arms out to the side until your hands form a prayer position above your head, look to your hands. **B)** As you exhale lower your arms and hinge forward from your hips into a standing forward bend. **C)** As you inhale look forward. If required soften your knees and place your hands to the floor beside your feet. **D)** As you exhale step your right leg back into a long lunge. Hold this position for a few breaths. When instructed place your right hand beside the inside of your left foot. **E)** As you inhale lift your left arm up towards the ceiling and turn your head look to your left hand. Hold this position as you continue to breathe slowly. As you inhale reach the left arm up then as you exhale lower the left arm and relax your head. **F)** Inhale then as you exhale step your left foot back and move into downward facing dog. Hold this position for a few breaths. **G)** When instructed inhale and move into the cat position with the knees under the hips and the hands under the shoulders. **H)** Exhale and drop your chin onto your chest as you look between your legs and round your back up towards the ceiling. **I)** As you inhale reverse the position by pushing your stomach and lower ribs down to the floor and lifting your chest and head. **J)** Exhale and drop your chin onto your chest again as you look between your legs and round your back up towards the ceiling. Continue the movement by curling your toes under, lifting your knees from the floor, straightening your legs and pushing back into downward dog. Hold this position breathing slowly through the nose. Cont.

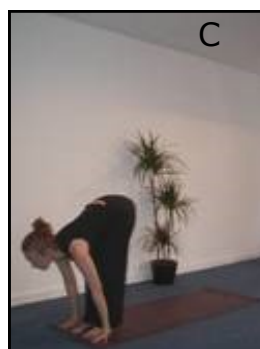
## Part 2. Alignment and technique on the right side cont.



**K)** When instructed inhale and step your right foot forward to a position between your hands. **L)** As you exhale lift your left leg up and fold your upper body forward. Hold this position for a few breaths. When instructed inhale and float your left leg up a little higher. **M)** As you exhale lower your left leg and place the left foot beside the right foot moving to a standing forward bend. **N)** Inhale and uncurl as you do so lift the arms up and out to the sides to

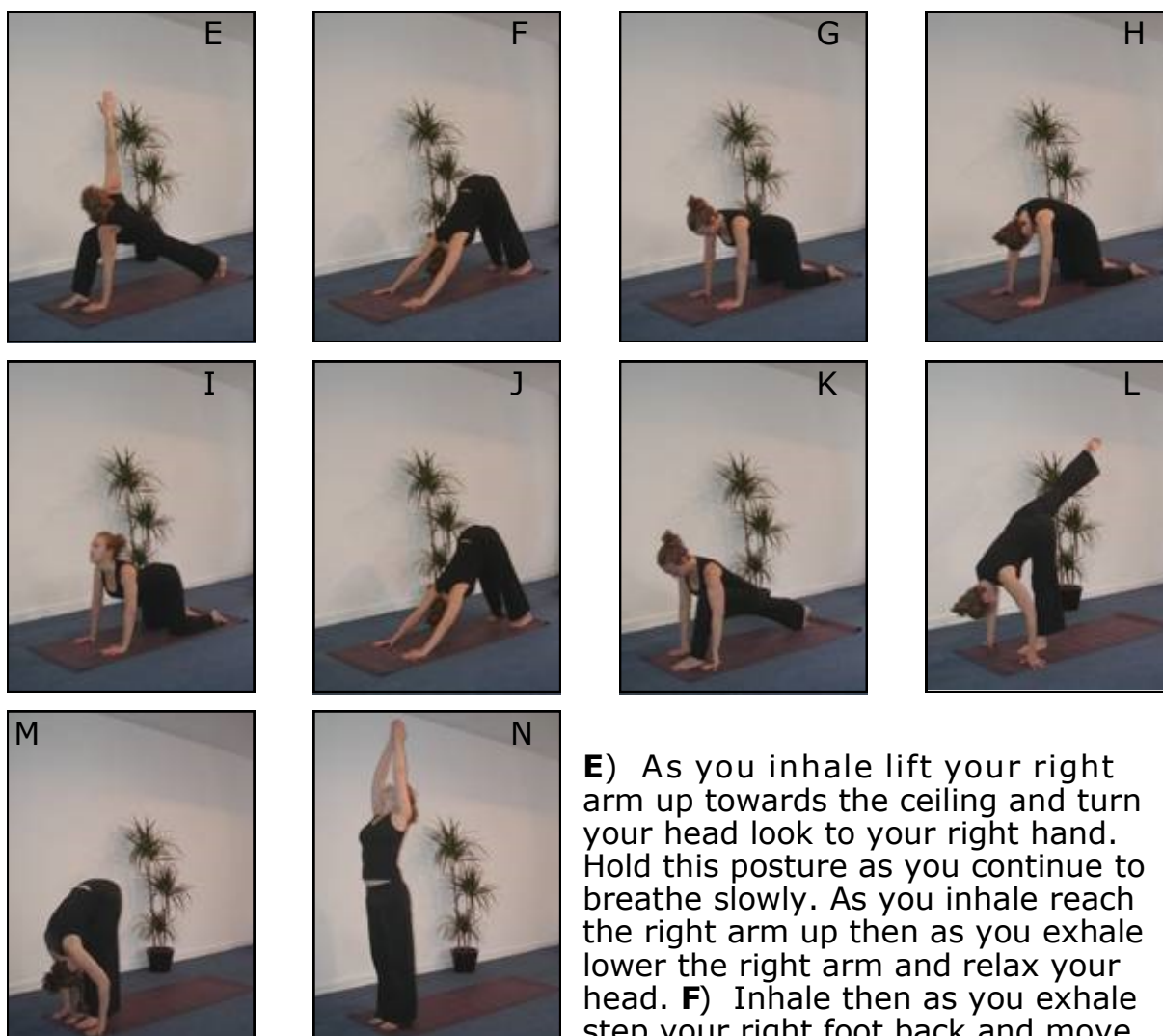
create a prayer position above the head. Look to your hands. **O)** Exhale and push your palms together as you lower your hands in front of your chest. Hold this position as you continue breathing slowly through your nose.

## Part 3. Alignment and technique on the left side.



**A)** Inhale and lift your arms out to the side until your hands form a prayer position above your head, look to your hands. **B)** As you exhale lower your arms and hinge forward from your hips into a standing forward bend. **C)** As you inhale look forward. If required soften your knees so you can place your hands to the floor beside your feet. **D)** As you exhale step your left leg back into a long lunge. Hold this posture for a few breaths. When instructed place your left hand beside the inside of your right foot. Cont.

### Part 3. Alignment and technique on the left side cont.



**E)** As you inhale lift your right arm up towards the ceiling and turn your head look to your right hand. Hold this posture as you continue to breathe slowly. As you inhale reach the right arm up then as you exhale lower the right arm and relax your head. **F)** Inhale then as you exhale step your right foot back and move

into downward facing dog. Hold this posture for a few breaths. **G)** When instructed inhale and move into the cat posture with the knees under the hips and the hands under the shoulders. **H)** Exhale and drop your chin onto your chest as you look between your legs and round your back up towards the ceiling. **I)** As you inhale reverse the position by pushing your stomach and lower ribs down to the floor and lifting your chest and head. **J)** Exhale and drop your chin onto your chest again as you look between your legs and round your back up towards the ceiling. Continue the movement by curling your toes under, lifting your knees from the floor, straightening your legs and pushing back into downward dog. Hold this posture breathing slowly through the nose. **K)** When instructed inhale and step your left foot forward to a position between your hands. **L)** As you exhale lift your right leg up and fold your upper body forward. Hold this posture for a few breaths. When instructed inhale and float your right leg up a little higher. **M)** As you exhale lower your right leg and place the right foot beside the left foot moving into a standing forward bend. **N)** Inhale and uncurl as you do so lift the arms up and out to the sides to create a prayer position above the head. Look to your hands. Cont.

### Part 3. Alignment and technique on the left side cont.

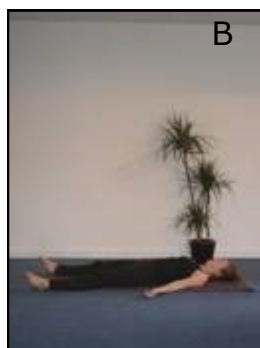


**O)** Exhale and push your palms together as you lower your hands in front of your chest. Hold this position as you continue breathing slowly through your nose.

### Part 4. Flowing Sequence

This section guides you through the postures in parts 2 and 3 at a faster pace using one breath for each movement. Please refer to the photographs and descriptions used in parts 2 and 3 if required.

### Part 5. Relaxation.



**A)** Begin laying on your back with your knees bent and the soles of your feet on the floor. Your hands are beside your hips with your palms facing up. Broaden your upper back and sink your shoulders down towards the floor. Breathe slowly in and out through your nose. Sink down into the floor and release tension from your body each time you exhale. Close your eyes and relax the muscles of the face. **B)** When instructed extend your legs so you are now laying flat on your back. Be aware of your breath entering and leaving your body as you breathe in and out through your nose. Remain here breathing slowly until the music fades at the end of the session.

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# Yoga Vinyasas for Improvers

## **Introduction.**

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These are;

1. Preparation.
2. The Vinyasa sequence focusing on alignment and technique on the right side.
3. The Vinyasa sequence focusing on alignment and technique on the left side.
4. The flowing Vinyasa sequence that builds in pace whilst using one breath per movement.
5. A relaxation section.

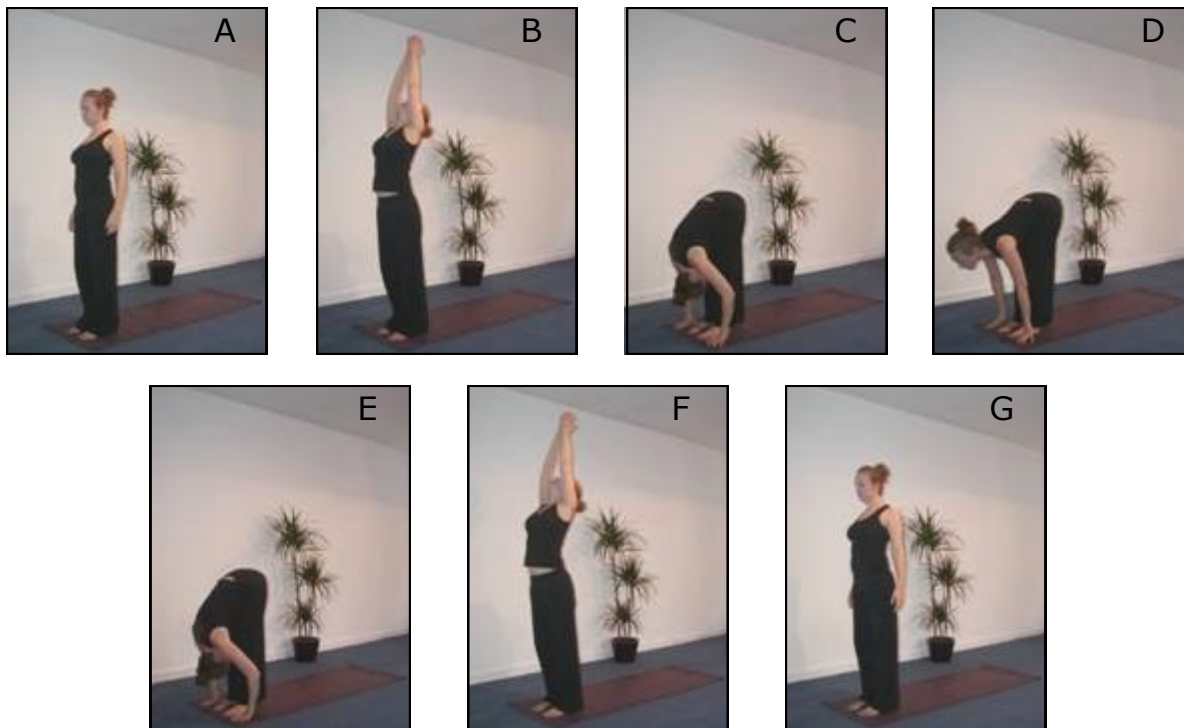
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We are always keen to hear your comments on this product. If you would like to let us know what you think please visit us at [www.yoga2hear.co.uk](http://www.yoga2hear.co.uk).

# Vinyasa 1

## Part 1. Prepara-



- A)** Begin standing at the top end of your mat. Have a small space between the insides of your feet. The outside edges of your feet are parallel and your weight is distributed evenly through the soles of your feet. Breathe slowly in and out through your nose as you grow up towards the ceiling.
- B)** When instructed inhale and lift your arms up and out to the side until your hands form a prayer position above your head, look to your hands.
- C)** As you exhale lower your arms and hinge forward from your hips a standing forward bend.
- D)** As you inhale look forward.
- E)** As you exhale fold over again dropping the chin onto the chest.
- F)** As you inhale uncurl and lift your arms up and out until your hands form a prayer position above your head, look to your hands.
- G)** As you exhale lower your arms and head returning them to your start position. Repeat movements B to G two more times as instructed.

## Part 2. Alignment and technique (right side).

P.4



- A)** Begin in your standing position at the top end of your mat. Breathe slowly in and out through your nose.
- B)** Inhale and lift your arms up and out to the side until your hands form a prayer position above your head, look to your hands.
- C)** As you exhale lower your arms and hinge forward from your hips into a standing forward bend.
- D)** As you inhale look forward.
- E)** As you exhale step your right leg back.
- F)** When instructed inhale, then as you exhale step your left leg back so the left foot is next to the right foot. Push down into the floor with your hands so your hips move backwards into the Downward Dog posture. Hold this position breathing slowly through your nose.
- G)** As you inhale float forward into Plank. Your shoulders are a little further forward than your hands and your stomach muscles are braced.
- H)** As you exhale release your knees and then your chest down to the floor.
- I)** As you inhale lift into upward facing dog.
- J)** As you exhale curl under your toes and return to your Downward Dog posture.

cont...

## Part 2. Alignment and technique (right side) cont. P.5



- K)** As you inhale lift the right leg up keeping the hips square and the toes facing towards the floor.
- L)** As you exhale lower the right leg back to the starting position.
- M)** As you inhale lift the left leg up keeping the hips square and the toes facing towards the floor.
- N)** As you exhale lower the left leg back to the starting position.
- O)** As you inhale step your right foot forward to a position between your hands.
- P)** As you exhale step the left foot forward next to the right foot and fold forward into a standing forward bend.
- Q)** When instructed inhale and uncurl, lift your arms to form a prayer position above your head, look to your hands.
- R)** Exhale and lower your hands to a position in front of your chest.

### Part 3. Alignment and technique (left side).

P.6

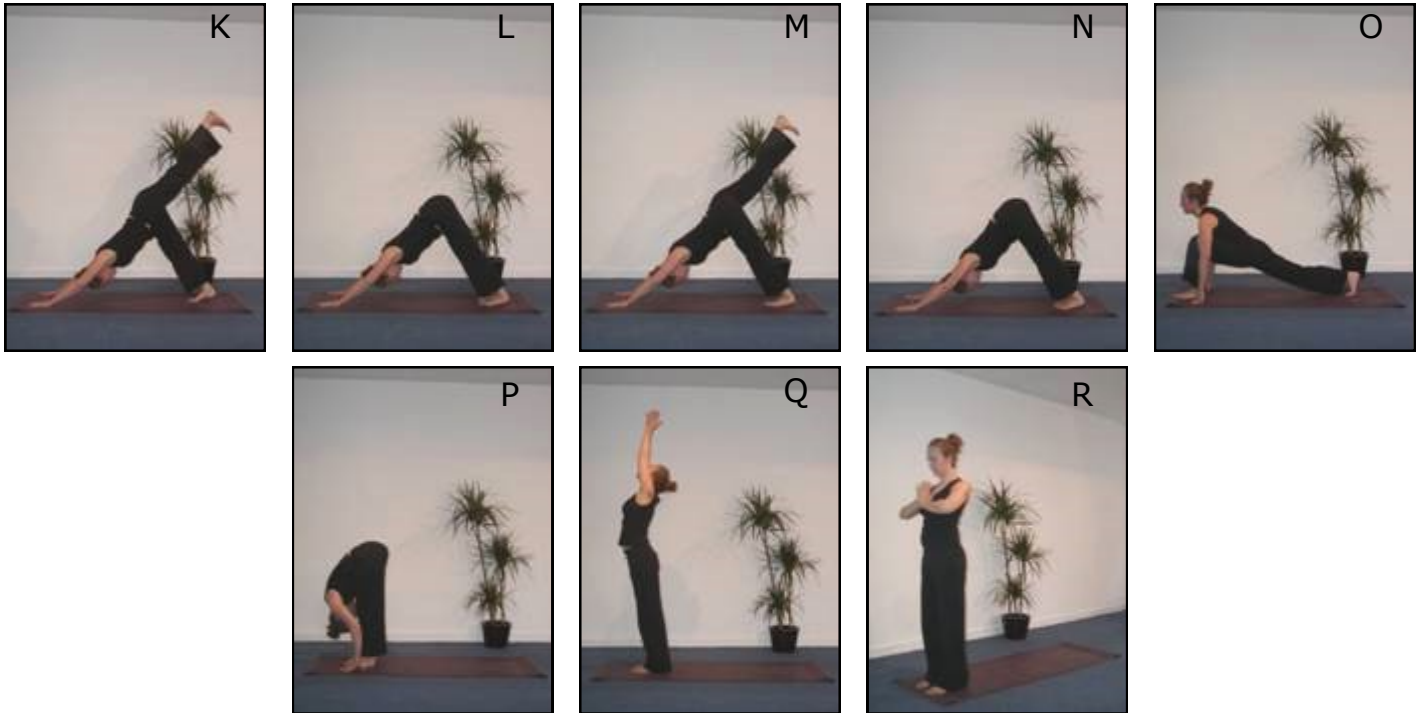


- A)** Begin in your standing position at the top end of your mat. Breathe slowly in and out through your nose.
- B)** Inhale and lift your arms up and out to the side until your hands form a prayer position above your head, look to your hands.
- C)** As you exhale lower your arms and hinge forward from your hips into a standing forward bend.
- D)** As you inhale look forward.
- E)** As you exhale step your left leg back.
- F)** When instructed inhale, then as you exhale step your right leg back so the right foot is next to the left foot. Push down into the floor with your hands so your hips move backwards into the Downward Dog posture. Hold this position breathing slowly through your nose.
- G)** As you inhale float forward into Plank. Your shoulders are a little further forward than your hands and your stomach muscles are braced.
- H)** As you exhale release your knees and then your chest down to the floor.
- I)** As you inhale lift into upward facing dog.
- J)** As you exhale curl under your toes and return to your Downward Dog posture.

cont...

### Part 3. Alignment and technique (left side) cont.

P.7



- K)** As you inhale lift the left leg up keeping the hips square and the toes facing towards the floor.
- L)** As you exhale lower the left leg back to the starting position.
- M)** As you inhale lift the right leg up keeping the hips square and the toes facing towards the floor.
- N)** As you exhale lower the right leg back to the starting position.
- O)** As you inhale step your left foot forward to a position between your hands.
- P)** As you exhale step the right foot forward next to the left foot and fold forward into a standing forward bend.
- Q)** When instructed inhale and uncurl, lift your arms up to a prayer position above your head, look to your hands.
- R)** Exhale and lower your hands to a position in front of your chest.

### Part 4. Flowing Sequence

This track guides you through the postures in parts 2 and 3 at a faster flowing pace using one breath for each movement. Please refer to the photographs and descriptions used in parts 2 and 3 if required.

## Part 5. Relaxation.

P.8



**A)** Begin laying on your back with your hands beside your hips and your palms facing up. Breathe slowly in and out through your nose. Sink down into the floor each time you exhale. Relax the muscles on your face. Lengthen you lower back away from the crown of your head, broaden your upper back and release your shoulders down into the floor. Remain here breathing slowly until the music fades at the end of the session.

# Vinyasa 2

## Part 1. Prepartion.



- A)** Begin standing at the top end of your mat. Breathe slowly in and out through your nose.
- B)** When instructed inhale and lift your arms out to the side until your hands form a prayer position above your head, as you do so soften your knees and look to your hands. Hold this position.
- C)** As you exhale lower your arms, straighten your legs and hinge forward from your hips into a standing forward bend.
- D)** As you inhale look forward.
- E)** As you exhale fold over again dropping the chin onto the chest.
- F)** As you inhale uncurl and lift your arms up and out, form a prayer position above your head, soften your knees and look to your hands.
- G)** As you exhale lower your arms, straighten your legs and return to your start position. Repeat movements B to G three more times as instructed.

## Part 2. Alignment and technique (right side).

P.9



- A)** Begin standing at the top end of your mat.
- B)** When instructed inhale and lift your arms out to the side until your hands form a prayer position above your head, as you do so soften your knees and look to your hands.
- C)** As you exhale lower your arms, straighten your legs and fold forward from your hips into a standing forward bend.
- D)** As you inhale look forward and place your hands to the floor. Soften your knees if necessary.
- E)** As you exhale take a long step back with your right leg. Hold this position breathing slowly through the nose.
- F)** When instructed release the right knee down to the floor and relax the right foot.
- G)** Place both hands onto your left thigh and then lift the arms up to form a prayer position above your head. Look to your hands. Hold this position breathing slowly through your nose.
- H)** Inhale, then as you exhale lower your arms, place your hands back the floor, one hand either side of your left foot and then step the left foot back, moving into Downward Dog. Hold this position breathing slowly through the nose.

cont...



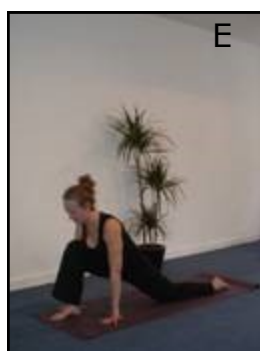
## Part 2. Alignment and technique (right side) cont. P.10



- I)** When instructed inhale and float forward into Plank.
- J)** As you exhale release your knees and then your chest down to the floor keeping your hips lifted.
- K)** As you inhale slide forward, relax the feet and lift the chest and head into upward facing dog.
- L)** As you exhale curl under your toes and return to your downward dog posture. Hold this position breathing slowly through the nose.
- M)** As you inhale step your right foot forward to a position between your hands.
- N)** As you exhale step the left foot forward next to the right foot and fold forward into a standing forward bend.
- O)** When instructed inhale and uncurl, lift your arms up and out until your hands form a prayer position above your head, as you do so soften your knees and look to your hands.
- P)** As you exhale lower your arms whilst maintaining the prayer position with your hands. Straighten your legs and hold the position with your hands in front of your chest as you continue to breathe slowly.

### Part 3. Alignment and technique (left side).

P.11



- A)** When instructed inhale and lift your arms out to the side until your hands form a prayer position above your head, as you do so soften your knees and look to your hands.
- B)** As you exhale lower your arms, straighten your legs and fold forward from your hips into a standing forward bend.
- C)** As you inhale look forward and place your hands to the floor. Soften your knees if necessary.
- D)** As you exhale take a long step back with your left leg. Hold this position breathing slowly through the nose.
- E)** When instructed release the left knee down to the floor and relax the left foot.
- F)** Place both hands onto your right thigh and then lift the arms up to form a prayer position above your head. Look to your hands. Hold this position breathing slowly through your nose.
- G)** Inhale, then as you exhale lower your arms, place your hands back the floor, one either side of your right foot and then step the right foot back, moving into Downward Dog. Hold this position breathing slowly through the nose.

cont...



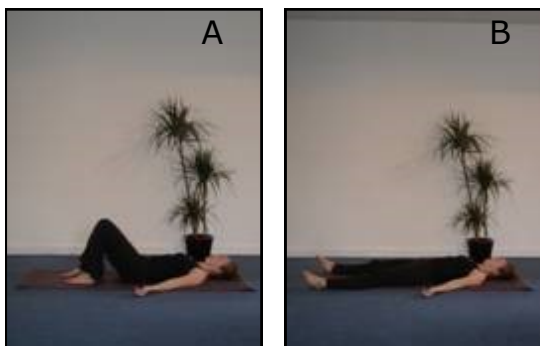
- H)** When instructed inhale and float forward into plank.
- I)** As you exhale release your knees and then your chest down to the floor keeping your hips lifted.
- J)** As you inhale slide forward, relax the feet and lift the chest and head into Upward Facing Dog.
- K)** As you exhale curl under your toes and return to your Downward Dog posture.
- L)** As you inhale step your left foot forward to a position between your hands.
- M)** As you exhale step the right foot forward next to the left foot and fold forward into a standing forward bend.
- N)** When instructed inhale and uncurl, lift your arms up and out until your hands form a prayer position above your head, as you do so soften your knees and look to your hands.
- O)** As you exhale lower your arms whilst maintaining the prayer position with your hands. Straighten your legs and hold the position with your hands in front of your chest as you continue to breathe slowly.

## Part 4. Flowing Sequence

P.13

This section guides you through the postures in parts 2 and 3 at a faster pace using one breath for each movement. Please refer to the photographs and descriptions used in parts 2 and 3 if required.

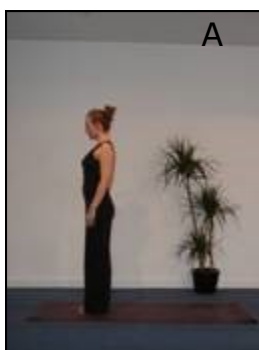
## Part 5. Relaxation.



- A) Begin laying on your back with your knees bent and the soles of your feet on the floor. Your hands are beside your hips with your palms facing up. Broaden your upper back and sink your shoulders down towards the floor. Breathe slowly in and out through your nose. Sink down into the floor and release tension from your body each time you exhale. Close your eyes and relax the muscles of the face.
- B) When instructed extend your legs so you are now laying flat on your back. Be aware of your breath entering and leaving your body as you breathe in and out through your nose. Remain here breathing slowly until the music fades at the end of the session.

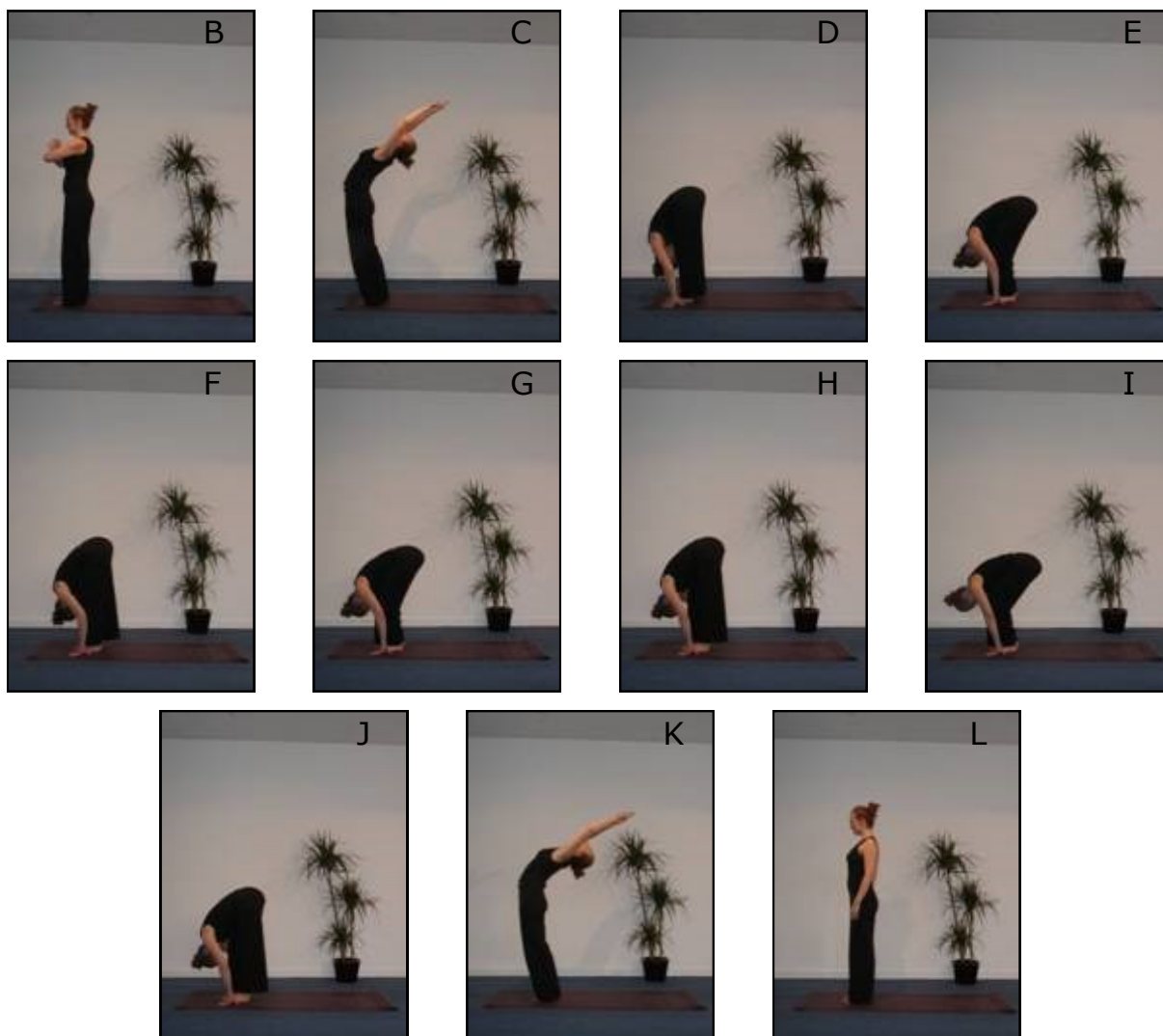
# Vinyasa 3

## Part 1. Preparation.



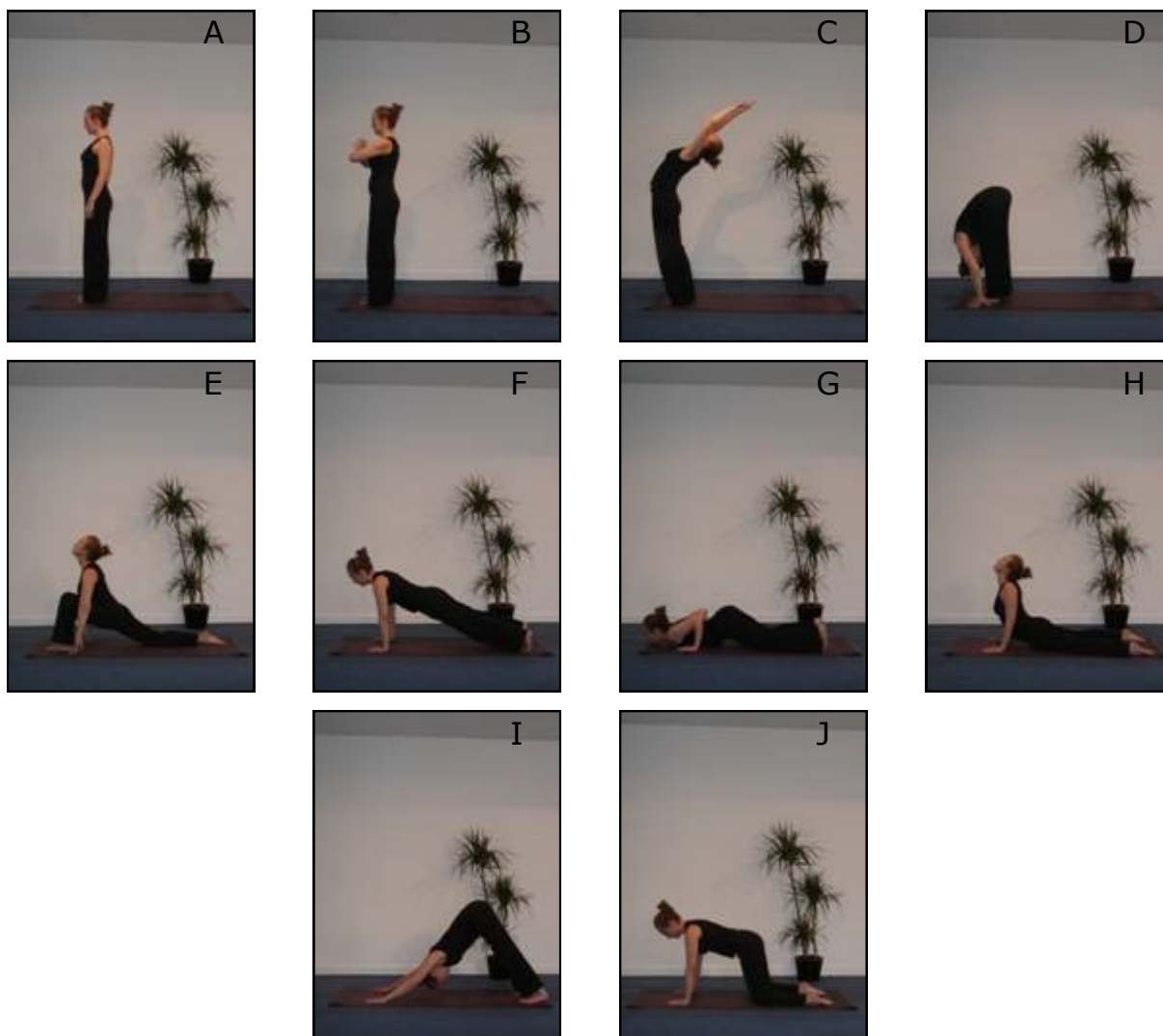
- A) Begin standing at the top end of your mat. Distribute your weight evenly through the soles of your feet. Lift your lower abdominal muscles and lengthen your lower back. Broaden your upper back and release your shoulders away from your ears. Your hands are beside your hips.

cont...



- B)** When instructed inhale, then as you exhale bring your hands to a prayer position in front of your chest.
- C)** Inhale and bring your arms up in front of your body allowing the hands to part. Stretch up towards the ceiling as you lift your chest and drop your head back.
- D)** Exhale and fold forward from the hips.
- E)** Inhale and soften both knees.
- F)** As you exhale straighten your right leg only.
- G)** Inhale and soften both knees again.
- H)** As you exhale straighten your left leg only.
- I)** Inhale and soften both knees again.
- J)** As you exhale straighten both legs.
- K)** Inhale and uncurl lifting both arms up in front of the body. Stretch up towards the ceiling as you lift your chest and drop your head back.
- L)** Exhale as you lower your arms and straighten your back returning to your start position.

Repeat movements **B** to **L** three more times as instructed.



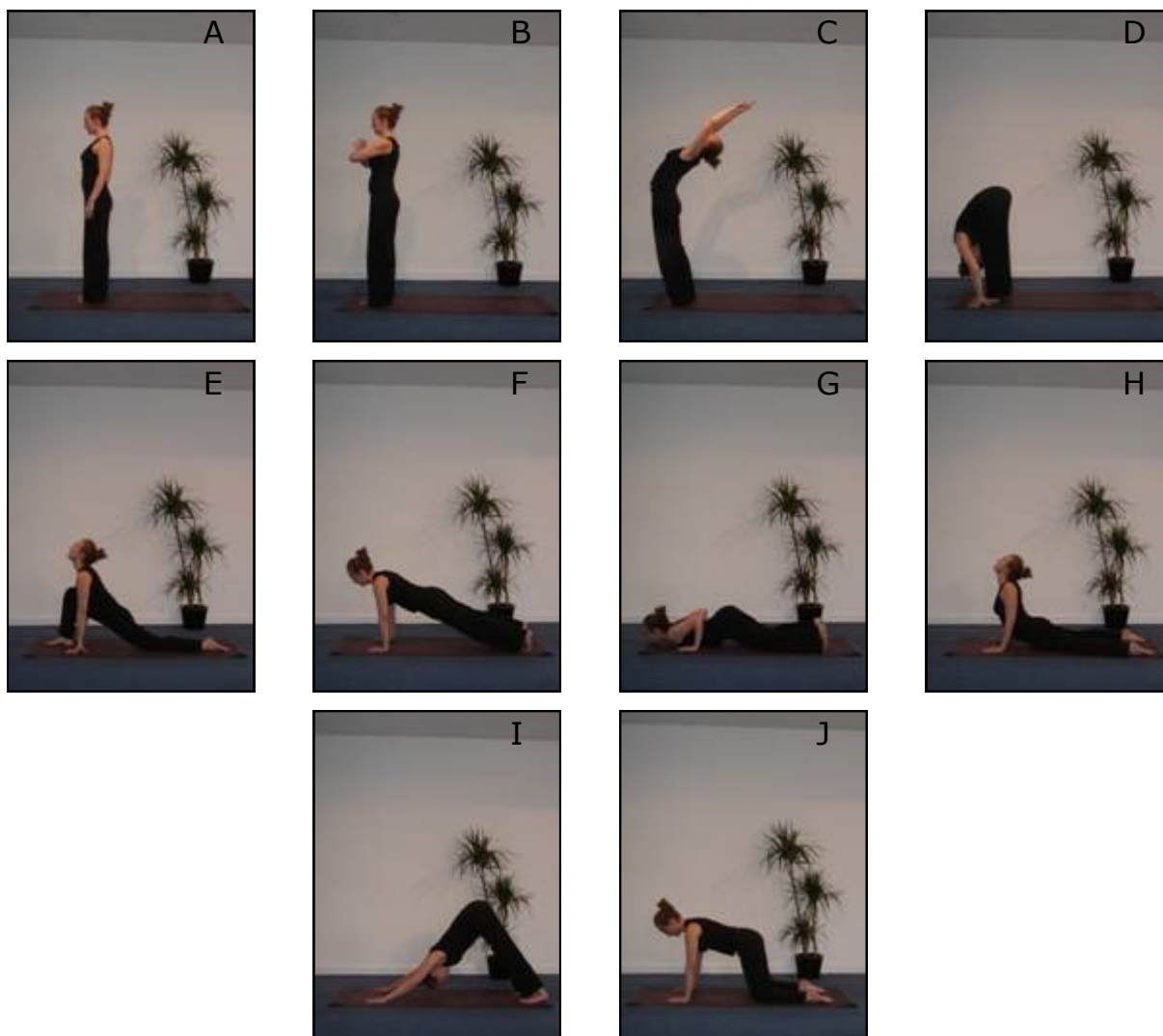
- A)** Begin standing at the top end of your mat with your hands beside your hips.
- B)** When instructed inhale, then as you exhale bring your hands to a prayer position in front of your chest.
- C)** Inhale and bring your arms up in front of your body allowing the hands to part. Stretch up towards the ceiling as you lift your chest and drop your head back.
- D)** Exhale and fold forward from the hips.
- E)** Inhale and step your right leg back in to a Long Lunge. Release the right knee down to the floor and relax the top of the right foot onto the floor.
- F)** Hold your breathe as you step your left leg back and move into Plank.
- G)** As you exhale release your knees down to the floor and then your chest.
- H)** Inhale and slide forward and then lift up into Upward Facing Dog.
- I)** As you exhale curl your toes under and move your hips up and back into your downward dog posture.
- J)** When instructed inhale and move into the Cat posture. Take the knees to the floor under the hips and relax the tops of the feet.

cont...

## Part 2. Alignment and technique (right side) cont. P.16



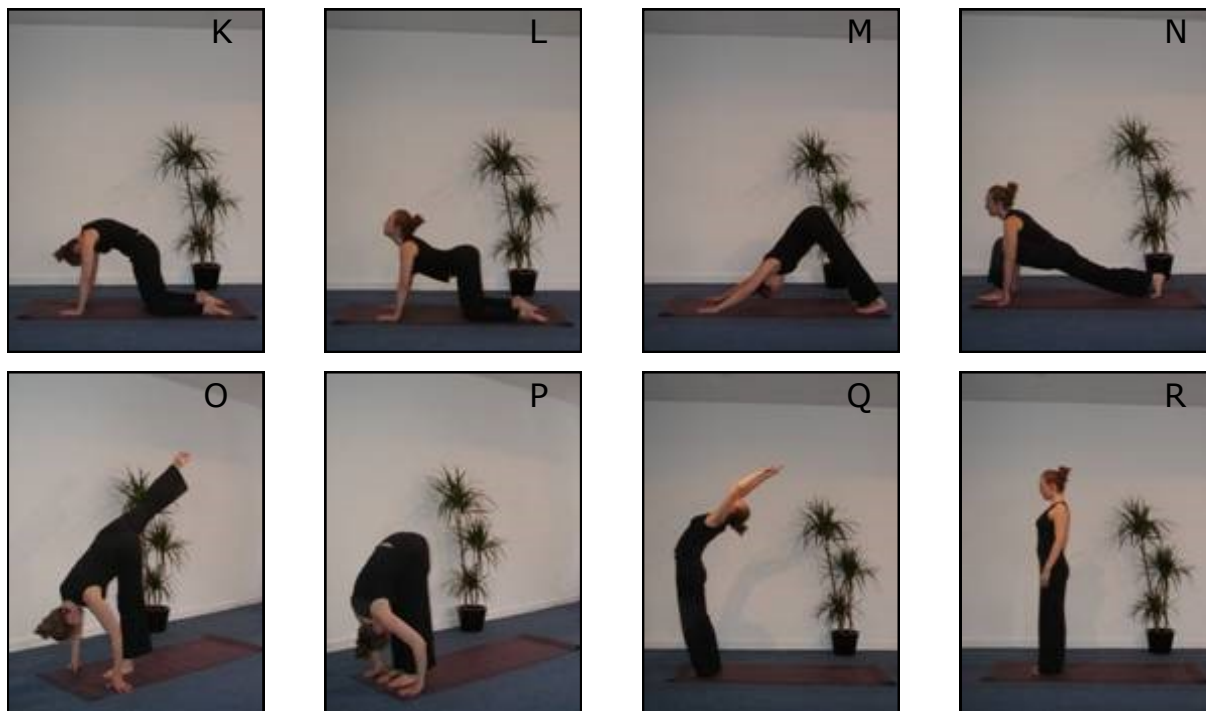
- Q)** Exhale and drop your chin onto your chest and round your back up towards the ceiling.
- L)** As you inhale reverse the position by lifting your tail and your chest.
- M)** Exhale and look between your legs, curl under your toes and continue the movement by lifting your knees from the floor, straightening your legs and pushing back into downward dog.
- N)** When instructed inhale and step your right foot forward to a position between your hands.
- O)** As you exhale lift your left leg up and fold your upper body forward. Hold this position for a few breaths. When instructed inhale and float your left leg up a little higher.
- P)** As you exhale lower your left leg and place the left foot beside the right foot moving to a standing forward bend.
- Q)** Inhale and uncurl as you do so lift the arms up in front of the body allowing the hands to part. Stretch up towards the ceiling as you lift your chest and drop your head back.
- R)** Exhale as you lower your arms and straighten your back returning to your start position.



- A)** Begin standing at the top end of your mat with your hands beside your hips.
- B)** When instructed inhale, then as you exhale bring your hands to a prayer position in front of your chest.
- C)** Inhale and bring your arms up in front of your body allowing the hands to part. Stretch up towards the ceiling as you lift your chest and drop your head back.
- D)** Exhale and fold forward from the hips.
- E)** Inhale and step your left leg back in to a long lunge. Release the left knee down to the floor and relax the top of the left foot onto the floor.
- F)** Hold your breathe as you step your right leg back and move in to Plank.
- G)** As you exhale release your knees down to the floor and then your chest.
- H)** Inhale and slide forward and then lift up into Upward Facing Dog.
- I)** As you exhale curl your toes under and move your hips up and back into your Downward Dog posture.
- J)** When instructed inhale and move into the Cat posture.

cont...





- K)** Exhale and drop your chin onto your chest and round your back up towards the ceiling.
- L)** As you inhale reverse the position by lifting your tail and your chest.
- M)** Exhale and look between your legs, curl under your toes and continue the movement by lifting your knees from the floor, straightening your legs and pushing back into Downward Dog.
- N)** When instructed inhale and step your left foot forward to a position between your hands.
- O)** As you exhale lift your right leg up and fold your upper body forward. Hold this position for a few breaths. When instructed inhale and float your right leg up a little higher.
- P)** As you exhale lower your right leg and place the right foot beside the left foot moving to a standing forward bend.
- Q)** Inhale and uncurl as you do so lift the arms up in front of the body allowing the hands to part. Stretch up towards the ceiling as you lift your chest and drop your head back.
- R)** Exhale as you lower your arms and straighten your back returning to your start position.

### **Part 4. Flowing Sequence**

This section guides you through the postures in parts 2 and 3 at a faster pace using one breath for each movement. Please refer to the photographs and descriptions used in parts 2 and 3 if required.



**A)** Begin laying on your back with your knees bent and the soles of your feet on the floor. Your hands are beside your hips with your palms facing up. Broaden your upper back and sink your shoulders down towards the floor. Breathe slowly in and out through your nose. Sink down into the floor and release tension from your body each time you exhale. Close your eyes and relax the muscles of the face.

**B)** When instructed extend your legs so you are now laying flat on your back. Be aware of your breath entering and leaving your body as you breathe in and out through your nose. Remain here breathing slowly until the music fades at the end of the session.

# YOGA2HEAR