



yoga2hear

Improvers Yoga

Volume 2

Guide Book

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

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;

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 range of eco-friendly yoga products please visit us at yoga2hear.co.uk.

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Improvers Yoga Vol.2

P.2

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

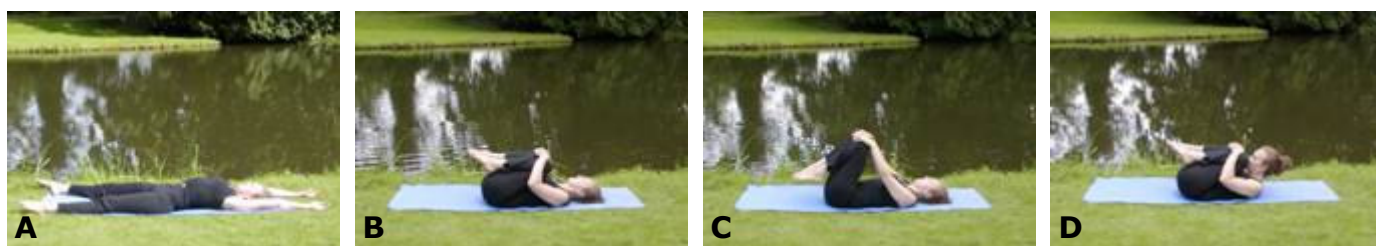
Relaxation. Lay on your back with your hands beside your hips and the palms of your hands facing up (A). Breathe as slowly as you can through your nose. Each time you exhale relax and feel that you are sinking down towards the floor. Focus on your breath entering and leaving your body. When instructed inhale and reach your arms up over your head so the arms are in contact with the floor and stretch your whole body (B). As you exhale relax the whole body and again feel that you are sinking down towards the floor. Continue to breathe slowly through the nose softening your shoulders on each exhalation. When instructed inhale and stretch your whole body again and then relax as you exhale.



Hip and Hamstring Release. Lay on your back with your arms above your head. Breathe slowly through your nose. When instructed inhale and stretch your whole body (A). As you exhale draw the right knee into the chest holding the right knee or shin with both hands then lift your head taking your nose towards your knee (B). As you inhale return to your start position stretching your whole body (A). As you exhale draw the left knee into the chest holding the left knee or shin with both hands then lift your head taking your nose towards your knee (C). As you inhale return to your start position stretching your whole body (A). Continue as instructed with alternate legs whilst linking your movement with your breath. As you do so think about softening the straight leg down towards the floor. When instructed return to your start position (A). Continue to breathe slowly relaxing the whole body.



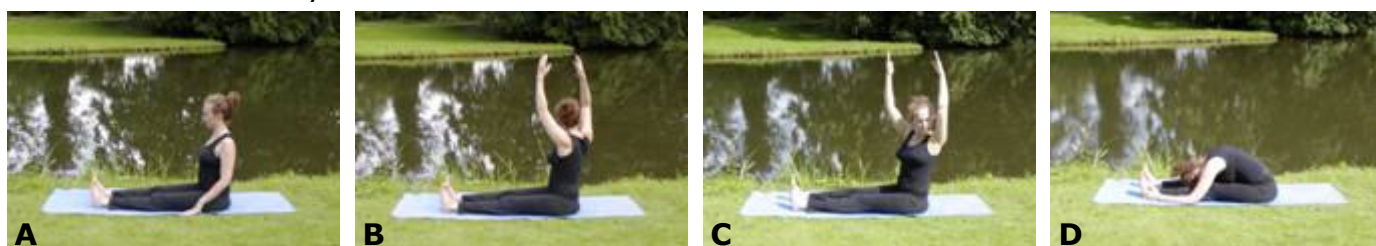
Wind Release. Lay on your back with your arms above your head (A). Breathe slowly through your nose as you relax your whole body down into the floor. When instructed slowly draw both knees in towards your chest and hold onto the knees or the shins with both hands (B). Breathe slowly through the nose. Each time you exhale feel that you are lengthening your lower back and relaxing all of the muscles in the face. As you inhale allow your knees to drift away from your chest (C). As you exhale draw the knees back in towards the chest (B). Continue as instructed linking your movement with your breath. When instructed lift your head and take your nose towards your knees (D). Hold this position as you continue to breathe slowly through the nose relaxing your shoulders. Lower your head back to the floor when instructed.



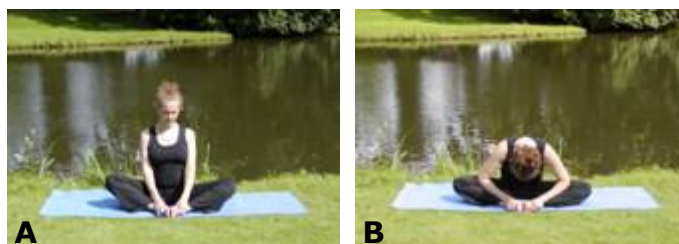
Supine Leg Extensions. Lay on your back. Slowly unfold your legs so that your feet are above your hips. Take your arms above your head so the whole of the arm is in contact with the floor (A). Relax as you breathe slowly through the nose. When instructed draw your knees in towards your chest and continue to breathe slowly softening the shoulders and relaxing through the hips.



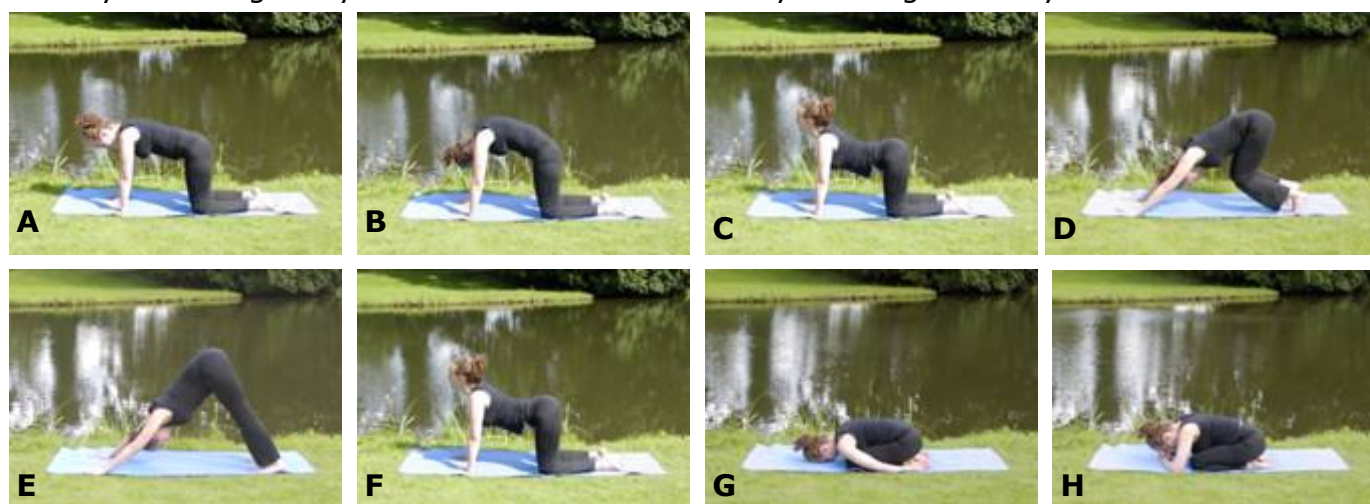
The Staff with Spinal Twists and Forward Bend. Sit with both legs extended in front of your body (A). As you inhale lift your arms up above the shoulders. As you exhale soften your shoulders and keep reaching your arms up. As you inhale feel that you are growing and as you exhale rotate your body to the right and look over your right shoulder (B). As you inhale return to your central position. As you exhale rotate to the left looking over your left shoulder (C). As you inhale return to your central position. Continue rotating right and left as instructed linking breath and movement. When instructed inhale and reach up from your central position. As you exhale fold forward (D). Continue to breathe slowly as you relax the whole body.



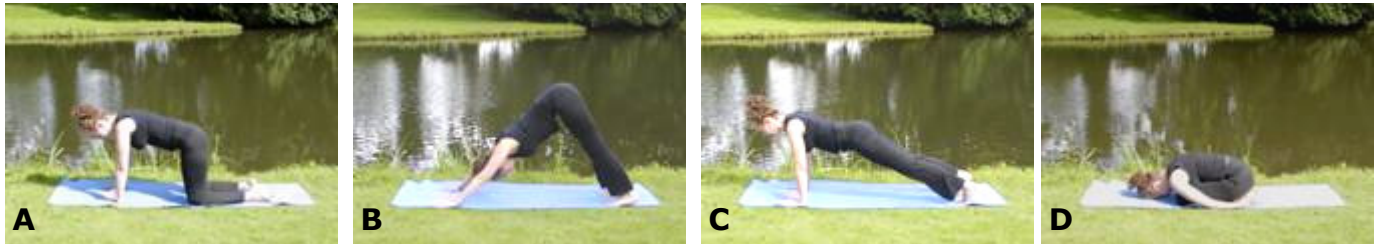
The Cobbler with Forward Bend. Sit with a straight back and the soles of your feet together. Hold your feet lightly (A). As you inhale lift your pelvic floor muscles and relax them as you exhale. When instructed inhale and then as you exhale fold forward and drop your chin onto your chest (B).



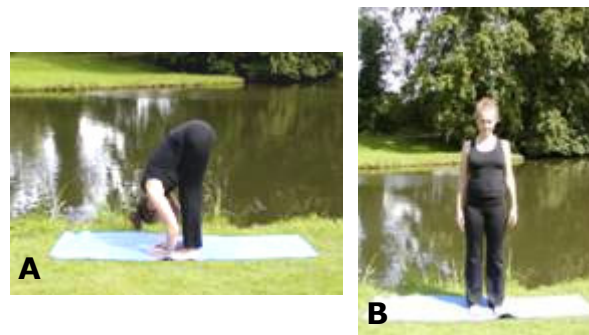
Cat, Downward Dog and Child. Begin with your hands under your shoulders and your knees under your hips (A). As you exhale drop your chin onto your chest and round your back up towards the ceiling (B). As you inhale reverse the position by dropping the stomach down and lifting the lower back, chest and head (C). As you exhale round your back up towards the ceiling and drop your chin towards your chest again (B). Continue, linking your breath with your movement. When instructed inhale, as you exhale curl your toes under, take your hips back and allow your knees to leave the floor (D). Continue to exhale as you slowly unfold your legs and come into the Downward Dog posture (E). Push down into the floor with your hands and direct your armpits towards the floor. As you inhale return to your Cat position by returning your knees to the floor, relaxing the tops of your feet down to the floor, dropping the stomach down and lifting the lower back, chest and head (F). As you exhale round your back up towards the ceiling, drop your chin towards your chest, curl under your toes lift your knees and continue into your Downward Dog position again (E). Continue to move between these two positions as instructed linking your movement with your breath. When instructed move from Cat into Child (G). If this is not comfortable make two fists with your hands and place one on top of the other under your forehead (H). Breathe slowly through your nose, each time you exhale sink your hips down towards your heels and relax your shoulders. Be aware of the movement through your ribcage as you continue to breathe slowly relaxing on every exhalation.



Cat, Downward Dog, Plank and Child. Begin in the Cat posture (A). When instructed move into the Downward Dog posture (B). Whilst in your Downward Dog posture step your feet back to prepare for Plank. As you inhale float forward into your Plank posture (C). Feel that there is a straight line between your shoulders and your heels. Lift your abdominal muscles to stop your lower back arching towards the floor. As you exhale return to Downward Dog without adjusting the position of your feet (B). Continue moving between Plank and Downward Dog linking your movement with your breath. When instructed return to your Cat position (A) and then rest in pose of the Child (D).



Standing Forward Bend and Mountain. Stand with the outside edges of your feet parallel. Allow your upper body to hang forward, drop your chin onto your chest and relax the shoulders (A). Breathe slowly through your nose relaxing on every exhalation. Slowly uncurl and come to a standing position. Broaden your upper back, lift your lower abdominal muscles and allow your arms to hang (B). Feel that you are growing as you breathe slowly.

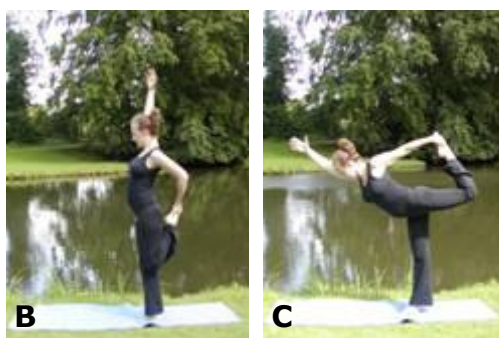


Dancer on the Right Leg with Incline. Slowly rise onto the balls of your feet and then place the heels back to the floor. Continue repeating this movement. When instructed rise onto the balls of the feet and lift your arms up until you can interlink your fingers then turn the palms of your hands to face the ceiling (A).

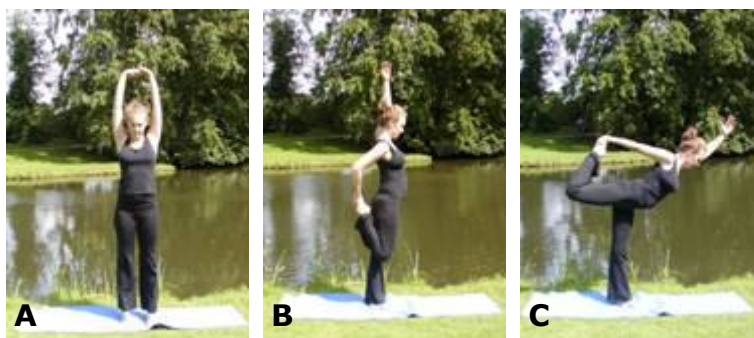


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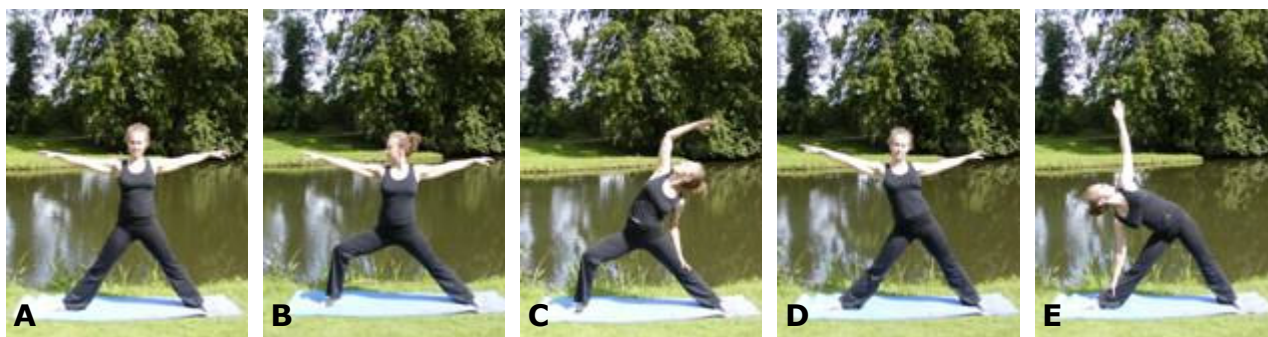
Hold this position as you continue to breathe slowly through the nose. When instructed place your heels back to the floor and lower your arms. Transfer your weight onto your right leg and lift your left foot up. Hold the left ankle and draw the heel in towards your bottom. Join your knees and lift your right arm up (B). Hold this balance breathing slowly. Feel that your right hand is being pulled up towards the ceiling and slowly tip your torso forward as you lift your left knee up behind you (C). Hold this position for a few breaths and then bring your shoulders back up over your hips, lower your right arm, release your left foot and return to your standing position.



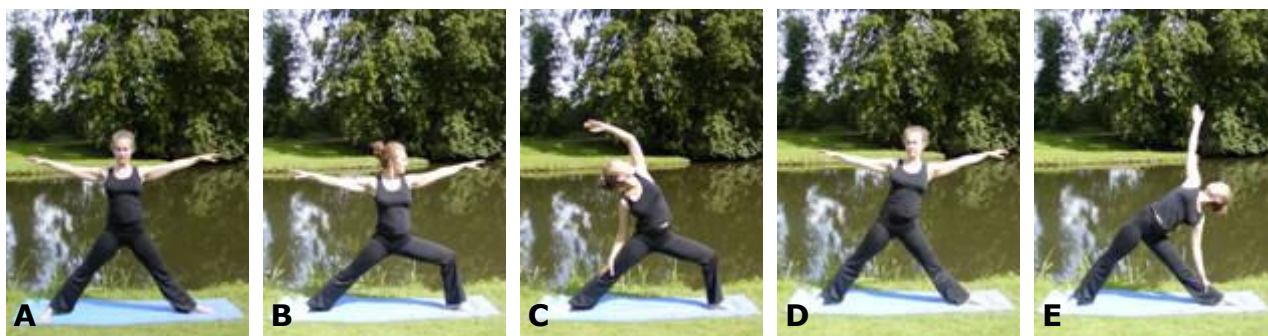
Dancer on the Left Leg with Incline. Rise onto the balls of the feet and lift your arms up until you can interlink your fingers then turn the palms of your hands to face the ceiling (A). Hold this position as you continue to breathe slowly through the nose. When instructed place your heels back to the floor and lower your arms. Transfer your weight onto your left leg and lift your right foot up. Hold the right ankle and draw the heel in towards your bottom. Join your knees and lift your left arm up (B). Hold this balance breathing slowly. When instructed slowly tip your torso forward as you lift your right knee up behind you (C). Hold this position for a few breaths and then bring your shoulders back up over your hips, lower your right arm, release your left foot and return to your standing position.



Warrior 2, Sun Warrior and Triangle 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 lifted out to the sides level with your shoulders (A). Bend your right knee and turn your head to look along your right arm (B). Drop your left hand down towards your left knee. Turn the palm of your right hand up and slightly bend your right elbow. Continue to bend your right knee as you lean your body to the left (C). Look towards the palm of your right hand or your right elbow. When instructed move back to your Warrior 2 posture (B). Then straighten your right leg and turn your head to face the front. As you inhale shift your ribcage to the right (D). Exhale and drop your right hand down towards your right ankle and lift your left arm straight up towards the ceiling (E). Look to your left hand or your right foot as you breathe slowly through your nose.



Warrior 2, Sun Warrior and Triangle 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). Drop your right hand down towards your right knee. Turn the palm of your left hand up and slightly bend your left elbow. Continue to bend your left knee as you lean your body to the right (C). Look towards the palm of your left hand or your left elbow. When instructed move back to your Warrior 2 posture (B). Then straighten your left leg and turn your head to face your front. As you inhale shift your ribcage to the left (D). Exhale and drop your left hand down towards your left ankle and lift your right arm straight up towards the ceiling (E). Look to your right hand or your left foot as you breathe slowly through your nose.



Wide Leg Forward Bend. Stand with your legs wide apart and turn both feet to face 12 o'clock. Release your upper body forward. Drop your chin onto your chest and release your shoulders (A). Breathe slowly through the nose relaxing on each exhalation.



Relaxation. Lay on your back with your knees bent and the soles of the feet on the floor. The outside edges of your feet are parallel. Your hands are beside your hips with the palms facing up (A). When instructed join the soles of your feet, allow your knees to fall out to the sides and extend the arms above the head (B). Breathe slowly through the nose as you soften your arms and relax your whole body. When instructed extend your legs and return your hands to a position beside your hips (C). Be aware of your breath entering and leaving your body as you continue to breathe slowly in and out through your nose. When instructed bring yourself to a comfortable seated position



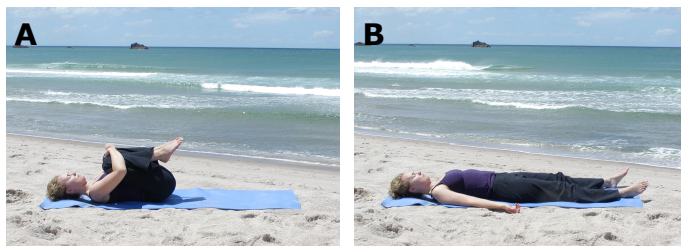
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Lower Back Release & Relaxation. Lay on your back and draw your knees in to your chest (A). Breathe slowly as you soften your shoulders away from your ears and lengthen your lower back away from the crown of your head. When instructed place your hands and feet to the floor. Your hands are beside your hips with the palms facing up and the outside edges of your feet are parallel. Extend your legs so you are laying flat on your back (B). Work to soften and release tension from the body with every exhalation. When instructed come to a comfortable seated position.



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