



yoga2hear
Beginners Yoga
Volume 3
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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Beginners Yoga Vol.3

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 the hips and the palms facing up. Close your eyes. Broaden the upper back and release the shoulders towards the floor. Relax your pelvis and allow the legs to rotate outwards (A). Breathe slowly through the nose. When instructed inhale and reach your arms above your head and extend your legs to stretch your whole body (B). As you exhale relax your whole body down into the floor. Continue to relax as you breathe slowly through the nose. When instructed inhale and stretch your whole body again as you flex your feet (C). As you exhale relax your whole body down into the floor. Repeat as instructed becoming aware of the connection between breath and movement. When instructed draw your knees in toward your chest and continue to breathe slowly as you soften your shoulders and release your lower back.



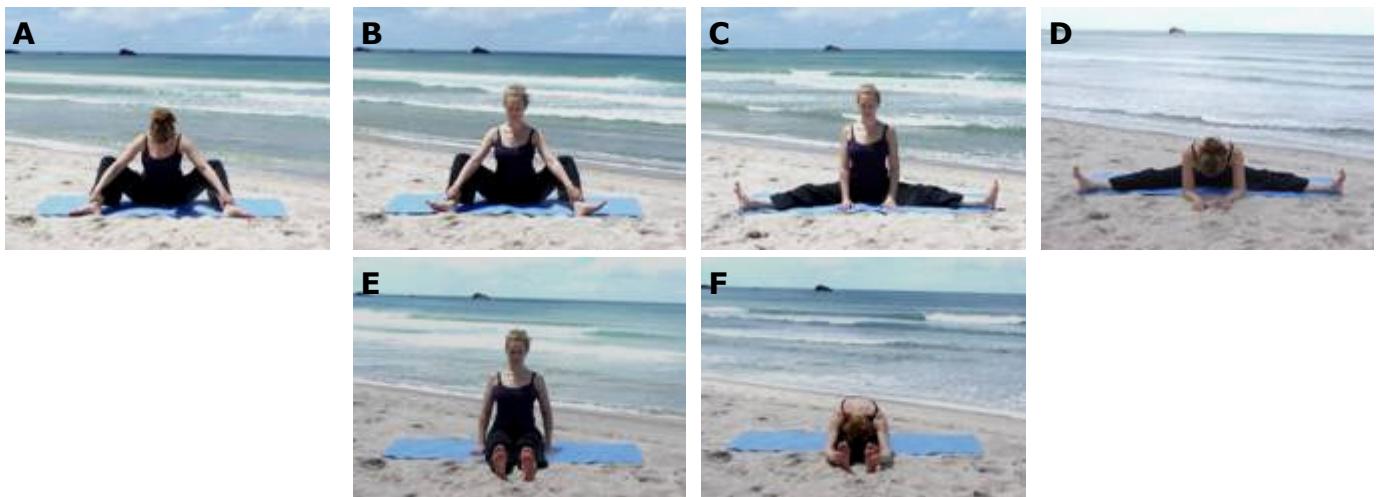
Wind Release & Leg Stretch. Begin with your feet lifted drawing your knees in towards your chest (A). As you inhale allow your knees to drift away from your chest (B) and as you exhale draw the knees back in towards your chest (A). Continue linking these movements with your breath. When instructed lift your head taking your nose to join your knees as you continue to breathe slowly (C). Flex your feet and wrap your first two fingers on each hand around your big toes then place your thumbs to the top of each toe (D). Inhale and then as you exhale slowly extend your legs as you keep hold of your toes and relax your shoulders (E). Continue to breathe slowly as you release tension from the backs of your legs. If you find this posture uncomfortable release your toes, extend your legs and place your hands beside your hips (F). When instructed draw your knees in towards your chest again. Soften your shoulders and lengthen the lower back as you continue to breathe slowly (A).



The Cobbler, Staff & Forward Bend. Sit with the soles of your feet together as you hold the insides of your feet lightly (A). Lift your lower abdominal muscles, broaden your upper back and soften your shoulders as you sit up and grow out of the crown of your head. Hold this posture as you breathe slowly in and out through your nose. When instructed release your feet and slowly extend your legs straight out in front of your body (B). Lift your lower abdominal muscles as you continue to grow out of the crown of your head. As you inhale lift your arms out to the sides until your hands are above your shoulders., As you exhale soften your shoulders and turn the palms to face each other (C). Hold this posture as you breathe slowly through your nose. When instructed inhale and grow, as you exhale fold forward into a forward bend (D). Drop your chin on to your chest and release your forearms down to the floor. Continue to breathe slowly as you soften and release tension with each exhalation.



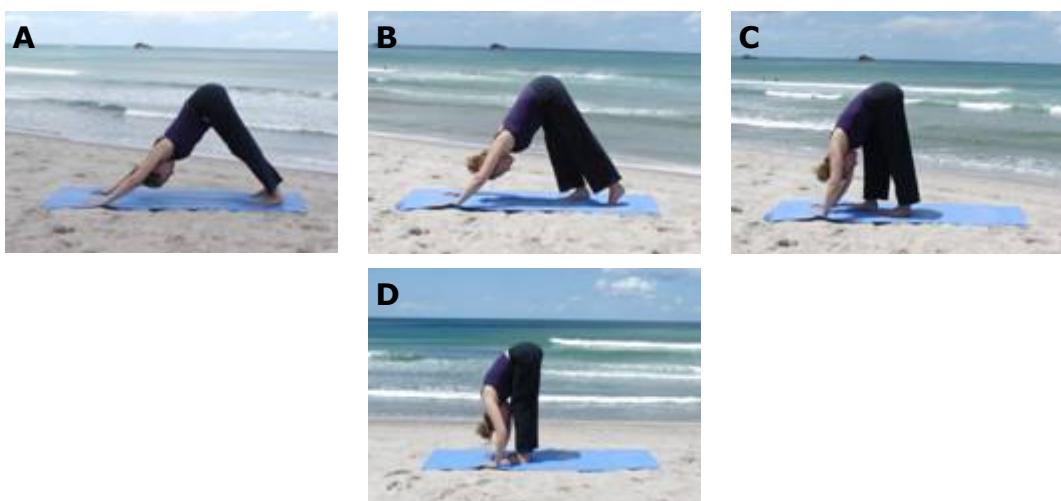
Inner Thigh Stretch & Forward Bends. Bend your knees and place the soles of your feet to the floor, your knees are pointing straight up. Step your feet out until they are wider than hip distance apart. Hold onto your ankles and lightly push your knees back with your elbows as you drop your chin down onto your chest (A.). Hold this posture as you breathe slowly through your nose. When instructed flex your feet and straighten your Back so you are sitting up as tall as you can as you continue to use your elbows to keep the knees open (B). Continue to breathe slowly through your nose. Release your ankles and slowly extend your legs out to the sides as you reach out through your heels. Flex your feet and place your hands to the floor in front of your body (C). When instructed inhale and as you exhale release your body forward and if possible walk your hands away from your body. Lift your stomach muscles as you continue to breathe slowly through your nose and soften and release tension from your body (D). When instructed bring your shoulders back up over your hips and bring your legs back together (E). Reach out through your heels and soften the backs of your legs into the floor as you continue to breath slowly. When instructed inhale and lift your arms out to the sides until they are above your shoulders. Broaden your upper back and soften your shoulders as you exhale. Inhale and grow and as you exhale relax your body forward and drop your chin onto your chest (F). Hold this posture as you continue to breathe slowly.



Cat, Downward Dog & 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). 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 your stomach and lower ribs 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 exhale and curl your toes under and unfold your legs and move into Downward Dog. Create a triangular shape with your body whilst pushing down into your hands and dropping your chin onto your chest (D). When instructed inhale and release your knees back down to the floor, relax the tops of your feet and return to Cat (C). As you exhale return to Dog (D). Continue between these two postures as instructed. From the Cat posture relax the tops of your feet, take your bottom back towards your heels, release your forehead toward the floor and move into Child. Extend your arms out in front of your body (E). If this is not comfortable make two fists with your hands and place one on top of the other under your forehead. When instructed place your arms alongside the body and direct your fingers towards the feet (F). Rest in this position breathing slowly.



Downward Dog & Standing Forward Bend. From pose of the Child move as instructed through Cat and into Downward Dog (A). Work to soften any muscles that tighten as you hold this posture and continue to breathe slowly. When instructed step your right foot forward (B). When instructed step your left foot forward (C). Continue to walk your feet in towards your hands until you are in a Standing Forward Bend. Drop your chin onto your chest and hold opposite elbows (D). When instructed slowly uncurl and come to a standing position.



Standing Postures On The Right Side. Stand with your feet leg length apart (A). Position your left foot to face 12 o'clock and your right foot to face 2 or 3 o'clock. Your hips and torso are facing forward to 12 o'clock. As you inhale lift your arms out to the sides, stop when they are level with your shoulders. As you exhale soften your shoulders and reach out through the tips of your fingers. When instructed slowly bend your right knee and then turn your head to look along our right arm (B). Hold this posture as you continue to breathe slowly. Place your right forearm onto your right thigh, lean your body to the right and reach your left arm up past your left ear. Look to your left hand and continue to breathe slowly (C). When instructed turn your torso so that you can place both hands to the floor either side of your right foot. Rise onto the ball of your left foot and pivot the heel around so the foot follows the line of your left leg (D). Continue to breathe slowly as you sink your hips towards the floor. When instructed slowly straighten your right leg and fold your body over the right leg (E). Continue to breathe slowly as you drop your chin onto your chest. Slowly move your torso around to the front and turn your heels so that both feet face to 12 o'clock. Release your upper body forward into a Wide Leg Forward Bend (F). Drop your chin onto your chest, broaden your upper back and release your shoulders as you breathe slowly. When instructed soften your knees and slowly uncurl as you lift through your lower abdominal muscles. Grow out of the crown of your head, broaden your upper back and release your shoulders away from your ears (G).



Standing Postures On The Left Side. Begin with your feet leg length apart (A). Position your right foot to face 12 o'clock and your left foot to face between 9 and 10 o'clock. Your hips and torso remain facing forward to 12 O'clock. As you inhale lift your arms out to the sides, stop when they are level with your shoulders. As you exhale soften your shoulders and reach out through the tips of your fingers. When instructed slowly bend your left knee and then turn your head to look along our left arm (B). Hold this posture as you continue to breathe slowly. Place your left forearm onto your left thigh, lean your body to the left and reach your right arm up past your right ear. Look to your right hand and continue to breathe slowly (C). Cont...



When instructed turn your torso so that you can place both hands to the floor either side of your left foot. Rise onto the ball of your right foot and pivot the heel around so the foot follows the line of your right leg (D). Continue to breathe slowly as you sink your hips towards the floor. When instructed exhale and straighten your left leg and fold your body over the leg (E). Continue to breathe slowly as you drop your chin onto your chest. When instructed slowly move your torso around to the front and turn your heels so that both feet face to 12 o'clock. Release your upper body forward into a Wide Leg Forward Bend (F). Drop your chin onto your chest, broaden your upper back and release your shoulders as you continue to breathe slowly. When instructed soften your knees and slowly uncurl. Broaden your upper back, soften your shoulders and then step your feet together.



Snake & Lower Back Release. Begin laying on your stomach with your forehead on the floor and your fingers interlinked behind your lower back (A). As you inhale lift your chest and slide your hands down towards the backs of your legs (B). As you exhale lower your upper body and place your forehead back to the floor (A). Continue as instructed whilst linking the movements with your breath. When instructed roll over onto your back and draw your knees into your chest. Hold onto your knees or your shins as you breathe slowly (C). Maintain this posture as you soften your lower back on each exhalation.



Relaxation. Place your feet back to the floor keeping your knees bent and the outside edges of your feet are parallel. Your hands are beside your hips with the palms facing up (A). Breathe slowly through the nose as you soften and relax your whole body. When instructed extend your legs (B). Be aware of your breath slowly entering and leaving your body as you continue to release tension with each exhalation. When instructed bring yourself to a comfortable seated position.



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