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Guided Audio Yoga

Yoga for Confidence

Guide Booklet

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

Yoga for Confidence

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Yoga for Confidence

Introduction.

Thank you for purchasing the Yoga 2 Hear Yoga for Confidence Download.

This product contains three 15 minute sessions that have been devised to be followed whilst in a comfortable seated position and one 15 minute session to be followed whilst lying down.

All of the sessions use carefully selected combinations of yoga breathing techniques (pranayamas), visualisations such as The Golden Bubble and yoga gestures (mudras) such as Hyridia Mudra.

When used regularly these simple techniques will create and enhance a sense of health, vitality and well-being that will make you feel good and naturally increase your self confidence. These feelings will become highly contagious and will have a very positive "knock on" effect on how those around you act and react to you in any given situation.

When using yoga to increase levels of self confidence it is important to realise the difference between self confidence and the ego. They are two very different things and there is a very fine line between the two. Ego has the power to be all consuming. When we are being driven by the ego we disregard everyone else and become self obsessed. When we have self confidence we are comfortable with our actions and consider the feelings of those around us.

Yoga for Confidence

Before you start.

Here are some tips to help you get the most from the Yoga for Confidence sessions;

If you have no previous yoga experience it may take a couple of sessions before you feel at ease breathing in a very slow controlled manner. Such breathing is a fundamental part of many yoga techniques, it greatly assists and enhances the techniques and becomes much easier with a little practice.

Each 15 minute session has been devised to be followed from start to finish without interruption. We suggest you set aside more than enough time for the session and find a warm, quiet area away from any distractions. You can then close your eyes, trust the instruction and allow yourself to be expertly guided through the session.

If, for any reason, you find you are having difficulty concentrating on a session, focus your attention to the sound of your breathe entering and leaving your body through your nose.

We hope you enjoy these sessions and find them useful. We 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 products please visit www.yoga2hear.co.uk.

Yoga for Confidence

Track.1. Session 1. The Golden Bubble.

This visualisation will help to raise levels of self esteem. It is perfect to use as a preparation before a presentation, public speaking, performing, or a job interview.

This technique can be performed in any comfortable seated position. We recommend the following; Sitting on the floor with the ankles crossed and a straight back, sitting on the floor with the legs extended and a straight back or sitting in a firm chair with a straight back and both feet on the floor.

Begin sitting in your selected position with a straight back. Rest the backs of the wrists on the knees with the palms facing up. Continue as instructed.

Track.2. Session 2. Hyrida Mudra.

This mudra will redirect energy to the heart. It helps to balance the mind and provide confidence when dealing with issues that evoke emotions.

This technique can be performed in any comfortable seated position. We recommend the following; Sitting on the floor with the ankles crossed and a straight back, sitting on the floor with the legs extended and a straight back or sitting in a firm chair with a straight back and both feet on the floor.

Begin sitting in your selected position with a straight back. Rest the backs of the wrists on the knees with the palms facing up. Roll the tips of your index fingers down to the base of your thumbs and join the tips of the middle finger and ring finger to the tips of the thumbs (A). Continue as instructed.



Yoga for Confidence

Track.3. Session 3. Prana Mudra.

This mudra will increase vitality by dispersing stagnant energy and removing any blockages that obstruct the flow of prana or vital life force around the physical body. In addition to increasing vitality freely flowing pranic energy raises levels of confidence and self esteem. This technique is perfect to use daily upon waking and will give confidence when dealing with day to day matters.

Please Note; If you suffer from heart disease, high blood pressure or if you are pregnant you should not retain the breath during this mudra.

This technique can be performed in any comfortable seated position. We recommend the following; Sitting on the floor with the ankles crossed and a straight back, sitting on the floor with the legs extended and a straight back or sitting in a firm chair with a straight back and both feet on the floor.

Begin sitting in your selected position with a straight back. Place your hands onto your lap with the palms facing up and one hand resting on top of the other. Continue as instructed.

Track.4. Session 4. Visualisation.

This visualisation technique is performed whilst lying comfortably on your back. We recommend following the session last thing at night. It will help to eliminate negativity and encourage you to wake feeling refreshed and full of confidence.

Begin lying on your back with your arms positioned along side your body. Have the palms of your hands facing up. Continue as instructed.

.our other titles include.

- Beginners Yoga Volumes 1,2 & 3.
- .Beginners Yoga Flowing Sequences 1,2 & 3.
 - .Yoga Vinyasas for Beginners.
- Improvers Yoga Volumes 1,2 & 3.
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