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Guided Audio Yoga

Gentle Daily Yoga

Guide Booklet

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

Gentle Daily Yoga

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Gentle Daily Yoga

Introduction.

Thank you for purchasing the Yoga 2 Hear Gentle Daily Yoga Download.

Gentle Daily Yoga consists of five different 15 minute sessions that use carefully selected gentle postures that are performed in laying and sitting positions. The postures will gently mobilise and release tension from your body without placing stress on any joints.

We recommend that you follow one session a day in rotation, ie, Session 1 on Monday, Session 2 on Tuesday etc.

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.

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.

If, for any reason, you find you are having difficulty concentrating on a session, focus your attention to the sound of your breath 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.

Gentle Daily Yoga

Track.1. Introduction.

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

Track.2. Day 1.

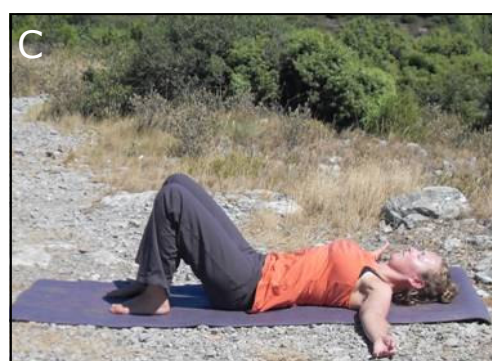
Begin laying on back with your knees bent and the soles of your feet on the floor. Place your arms alongside your body with the palms facing up (A). Continue as instructed.



When instructed inhale and lift your arms up off the floor, keep lifting the arms until they touch the floor above your head (B). As you exhale return your arms to the starting position (A). Continue as instructed.

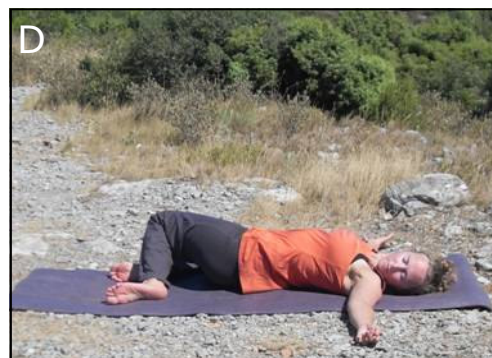


When instructed place your arms out to the sides of your body level with your shoulders (C). Continue as instructed.



Track.2. Day 1 cont.

When instructed inhale, as you exhale allow your knees to fall to the right and turn your head to the left (D). As you inhale return your knees and head to your starting position (C).



As you exhale again allow your knees to fall to the left and turn your head to the right (E). As you inhale return your knees and head to your starting position (C). Continue as instructed.



When instructed lift your feet from the floor, draw both knees in towards your chest and hold onto your knees or shins (F).



As you inhale allow your knees to drift away from you (G). As you exhale draw the knees back in towards your chest (F). Continue as instructed.



Track.2. Day 1 cont.

When instructed place your feet back to the floor and return your arms to a position beside your body with your palms facing up (H). Continue as instructed to the end of the session.

**Track.3. Day 2.**

Begin laying on back with your knees bent and the soles of your feet on the floor. Place your arms alongside your body with the palms facing up (A). Continue as instructed.



When instructed place your arms out to the sides of your body level with your shoulders. Inhale and extend your right leg by sliding the right foot along your yoga mat. Fully extend the leg and flex the foot (B). As you inhale slide the right foot back in, bending your right knee and returning to your starting position.



As you inhale this time extend your left leg by sliding the left foot along your yoga mat. Fully extend the leg and flex the foot (C). As you inhale slide the left foot back in, bending your left knee and returning to your starting position. Continue as instructed.



Track.3. Day 2 cont.

When instructed lift your feet from the floor, draw both knees in towards your chest and hold onto your knees or shins (D). Continue as instructed.



When instructed inhale and stretch your whole body by extending your legs and reaching your arms up above your head (E). As you exhale soften your whole body into the floor. Continue as instructed.



When instructed place your arms out to the sides of your body level with your shoulders again. Bend your right knee and place your right foot on your mat beside your left knee. Flex your left foot (F).



When instructed inhale, as you exhale allow your right knee to fall to the left. Place your left hand onto your right thigh and look to your right hand (G). Continue as instructed.



Track.3. Day 2 cont.

When instructed place your arms out to the sides of your body level with your shoulders again. Bend your left knee and place your left foot on your mat beside your right knee. Flex your right foot (H).



When instructed inhale, as you exhale allow your left knee to fall to the right. Place your right hand onto your left thigh and look to your left hand (I). Continue as instructed.



When instructed inhale and stretch your whole body by extending your legs and reaching your arms up above your head (J). As you exhale soften your whole body down into the floor. Continue as instructed.



When instructed bend your knees and place the soles of your feet on to your mat. Place your arms alongside your body with the palms facing up (K). Continue as instructed to the end of the session.



Track.4. Day 3.

Begin sitting with your ankles crossed (A), or ...



with your legs extended straight out in front of your body and your feet flexed (B). Sit with a straight back and draw up your lower stomach muscles. Continue as instructed.



When instructed inhale and turn your head to the right (C). As you exhale return your head to your central starting position (A or B).



As you inhale again turn your head to the left this time (D). As you exhale return your head to your central starting position (A or B). Continue as instructed.



Track.4. Day 3 cont.

When instructed inhale, as you exhale tip your head to the right directing your right ear towards your right shoulder (E). As you inhale return your head to your central starting position (A or B).



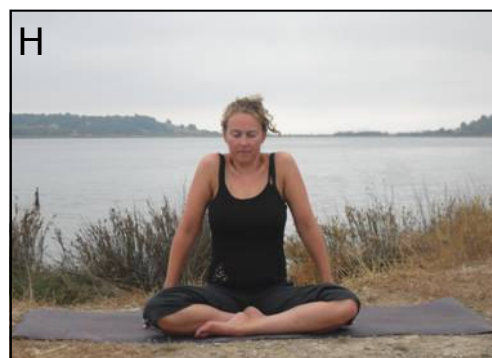
As you exhale again tip your head to the left this time directing your left ear towards your left shoulder (F). As you inhale return your head to your central starting position (A or B). Continue as instructed.



When instructed exhale and drop your chin onto your chest (G). When instructed lift your head and return to your central starting position (A or B).



When instructed inhale and lift your shoulders up towards your ears (H). As you exhale release your shoulders down again. Continue as instructed.

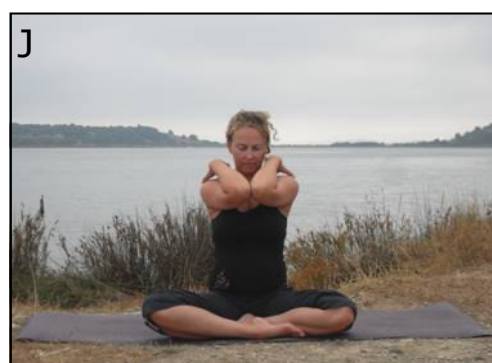


Track.4. Day 3 cont.

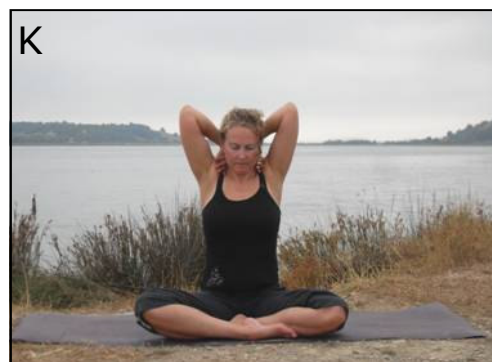
When instructed place your hands onto your shoulders and lift your elbows out to the sides of your body (I).



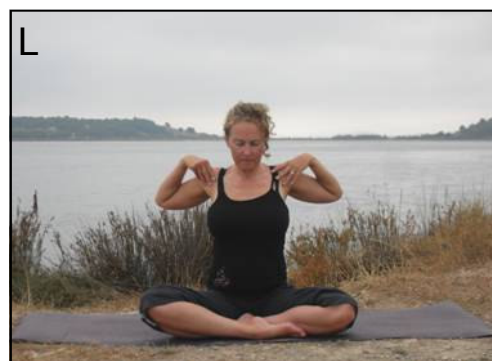
When instructed bring your elbows forward (J).



Then lift the elbows up (K).



Take the elbows back (L) and then return them to your starting position (I). Continue as instructed.



Track.4. Day 3 cont.

If you have been sitting with you legs crossed extend your legs straight out in front of you and flex your feet (B). Inhale and lift your arms straight up until your hands are above your shoulders (M). As you exhale soften your shoulders.



When instructed inhale and grow, as you exhale fold your body forward (N). Continue as instructed.



When instructed slowly uncurl and lay down on your back. Bend your knees and place the soles of your feet onto your mat. Place your arms alongside your body with the palms facing up (O). Continue as instructed.



When instructed slowly extend your legs so you are laying flat on your back (P). Continue as instructed to the end of the session.



Track.5. Day 4.

Begin laying on back with your arms alongside your body and the palms facing up. Bend your knees and place the soles of your feet onto your mat (A). Continue as instructed.



When instructed slowly extend your legs so you are laying flat on your back (B). Continue as instructed.



When instructed inhale and lift your arms up off the floor and keep lifting the arms until they touch the floor above your head (C). As you exhale soften your shoulders down into the floor. When instructed inhale and stretch your whole body.



As you exhale bring your right knee in towards your chest, bring your hands down to hold the knee and bring your head up directing your nose to the right knee (D).



Track.5. Day 4 cont.

As you inhale again release the right knee, straighten the right leg, lower your head, lift your arms up to the floor above your head and stretch your whole body (E).



As you exhale bring your left knee in towards your chest, bring your hands down to hold the knee and bring your head up directing your nose to the left knee (F). Continue as instructed.



When instructed slowly bend your knees and place the soles of your feet onto your mat. Place your arms alongside your body with the palms facing up (G).



When instructed inhale. As you exhale push your lower back down into the ground and lift your hips up off the ground so that you create a diagonal line with your body between your knees and your shoulders (H).



Track.5. Day 4 cont.

When instructed exhale and slowly lower your hips rolling your back down on to the floor (I). Continue as instructed.



When instructed lift your feet from the floor and draw both knees in towards your chest. Hold onto your knees or shins (J). Continue as instructed.



When instructed release your knees and place your feet back onto your mat. Extend your legs so that you are laying flat on your back and have your arms alongside your body with the palms facing up (K). Continue as instructed to the end on the session.

**Track.6. Day 5.**

Begin lying flat on your back with your arms alongside your body and the palms of your hands facing up (A). Continue as instructed



Track.6. Day 5 cont.

When instructed draw both knees in towards your chest. Hold onto your knees or shins (B). Continue as instructed.



When instructed inhale and allow your knees to drift away from you (C). As you exhale draw the knees back in towards your chest (B). Continue as instructed.



When instructed release your knees and place your arms alongside your body with the palms facing up (D).



When instructed inhale and extend your right leg straight up. Flex your right foot and reach out through the right heel (E). As you exhale point the toes on your right foot and bend the right knee returning the right leg to the starting position (D).



Track.6. Day 5 cont.

As you inhale again extend your left leg straight up. Flex your left foot and reach out through the left heel (F). As you exhale point the toes on your left foot and bend the left knee returning the left leg to the starting position (D). Continue as instructed.



When instructed inhale and this time lift your arms up until your hands touch the floor above your head, extend your right leg straight up, flex your right foot and reach out through the right heel (G). As you exhale point the right foot, bend the right knee and return your right leg and your arms to the starting position (D).



As you inhale again lift your arms up until your hands touch the floor above your head, extend your left leg straight up, flex your left foot and reach out through the left heel (H). As you exhale point the left foot, bend the left knee and return your left leg and your arms to the starting position (D). Continue as instructed.



When instructed draw both knees in towards your chest. Hold onto your knees or shins (I). Continue as instructed.



Track.5. Day 4 cont.

When instructed release your knees and place your feet back to your mat. Extend your legs so that you are laying flat on your back and have your arms alongside your body with the palms facing up (K). Continue as instructed to the end on the session.



.our other titles include.

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- .Yoga Vinyasas for Beginners.
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- .Improvers Yoga Flowing Sequences 1,2 & 3.
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- .Prenatal Yoga & Prenatal Relaxation.
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- .Yoga for the Surf Volumes 1 & 2.
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