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Guided Audio Yoga

# Beginners Daily Yoga Guide Booklet

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

# Beginners Daily Yoga

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# Beginners Daily Yoga

## **Introduction.**

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

Beginners Daily Yoga consists of five different 15 minute sessions that are suitable for those with little or no yoga experience. Four of the sessions use various held postures whilst the fifth session uses postures that are linked together to form a flowing yoga sequence known as a vinyasa. Each session will leave you feeling relaxed, refreshed and revitalised.

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.

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

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](http://www.yoga2hear.co.uk).

# Beginners 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 your 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 (B). Continue as instructed.



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



**Track.2. Day 1 cont.**

As you exhale again allow your knees to fall to the left and turn your head to the right (D). As you inhale return your knees and head to your starting position (B). 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 (E).



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



When instructed return your arms to the position beside your body with your palms facing up. Now slowly extend both legs straight up (G). Continue as instructed.



**Track.2. Day 1 cont.**

When instructed come up to a sitting position with your legs extended straight out in front of your body (H). Continue as instructed.



When instructed inhale and stretch, as you exhale fold your body forward (I). 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 to the end of the session.

**Track.3. Day 2.**

Begin sitting with your right ankle crossed in front of your left (A). Grow up out of the crown of your head and draw up your stomach muscles. Continue as instructed.



**Track.3. Day 2 cont.**

When instructed interlink your fingers, lift your arms up above your head and soften your shoulders. Inhale and turn your palms up, as you exhale soften your shoulders again (B).



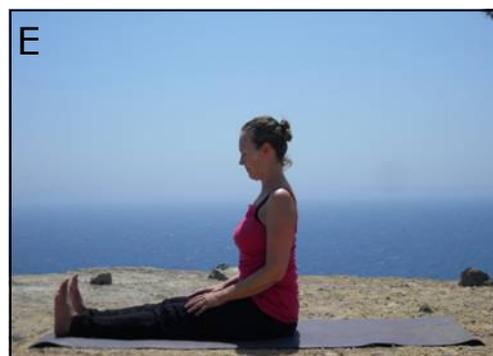
When instructed place your hands behind your head keeping the fingers interlinked. Inhale and move your elbows back (C).



As you exhale allow your elbows to move forward (D). Continue as instructed.



When instructed slowly extended your legs straight out in front of your body again (E). Continue as instructed.



**Track.3. Day 2 cont.**

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



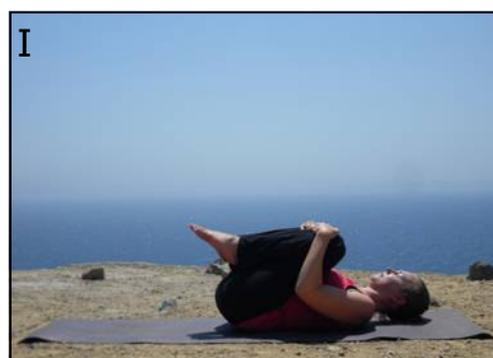
When instructed slowly uncurl and lay down on your back. Bend your knees and place the soles of your feet onto your mat. Place your arms alongside your body with the palms facing up (G).



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



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



**Track.3. Day 2 cont.**

When instructed release your knees and place your feet back onto the floor. 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.4. Day 3.**

Begin on your hands and knees with your hands under your shoulders and your knees under your hips (A). Continue as instructed.



When instructed move your bottom back onto your heels. Reach your arms forward and release your forehead to the floor (B). Continue as instructed.



When instructed place your hands under your shoulders and your knees under your hips again (A). As you exhale round your back up and look between your legs (C).



### Track.4. Day 3 cont.

As you inhale reverse the movement by releasing the ribs and stomach down towards the floor and lifting the chest and head (D). Continue as instructed.



When instructed move your bottom back onto your heels again. Either make two fists with your hands and place your hands under your forehead or place your arms alongside your body directing the fingers towards the feet (E). Continue as instructed.



When instructed place your hands under your shoulders and your knees under your hips again (A). Inhale and lift your right arm and left leg (F). As you exhale lower the arm and leg returning to the starting position (A).



As you inhale again lift your left arm and right leg (G). As you exhale lower the arm and leg returning to the starting position (A). Continue as instructed.



**Track.4. Day 3 cont.**

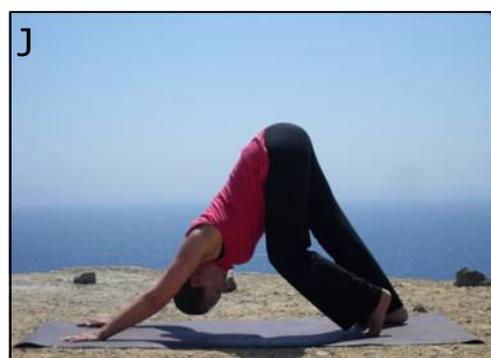
When instructed move your bottom back onto your heels again. Place your arms alongside your body directing the fingers towards the feet (H). Continue as instructed.



When instructed place your hands under your shoulders and your knees under your hips again (A). Curl under your toes, drop your chin onto your chest, move your weight back so that your knees leave the floor and unfold your legs (I).



When instructed inhale and rise onto the balls of your feet. As you exhale release your right heel down to the floor and bend your left knee (J).



When instructed inhale and rise onto the balls of your feet again. As you exhale release your left heel down to the floor this time and bend your right knee (K). Continue as instructed.



### Track.4. Day 3 cont.

When instructed place your knees back to the floor, relax your feet and move your bottom back onto your heels. Either make two fists with your hands and place your hands under your forehead or place your arms alongside your body directing the fingers towards the feet (L). Continue as instructed.



When instructed slowly uncurl and lay down on your 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 (M). Continue as instructed to the end on the session.

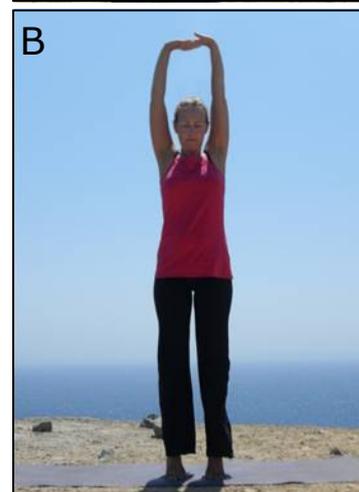


### Track.5. Day 4.

Begin standing. Broaden your upper back, soften your shoulders and draw up your stomach muscles (A). Continue as instructed.

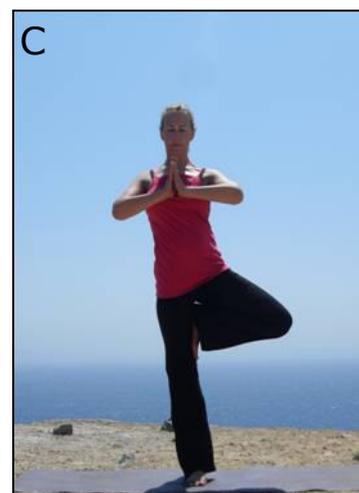


When instructed rise on to the balls of your feet and lift your arms up and out to the sides of your body until your hands are above your shoulders. Interlink your fingers and turn your palms up (B). When instructed lower your heels, release your hands and lower your arms.



### Track.5. Day 4 cont.

Transfer your weight onto your right foot. Draw up your stomach muscles and lift your left foot from the floor. Place the sole of your left foot beside either your right calf or inner thigh with the toes pointing down and the knee out to the side. Bring your hands to a prayer position in front of your chest (C). Continue as instructed.



Transfer your weight onto your left foot. Draw up your stomach muscles and lift your right foot from the floor. Place the sole of your right foot beside either your left calf or inner thigh with the toes pointing down and the knee out to the side. Bring your hands to a prayer position in front of your chest (D). Continue as instructed.



Step your feet leg length apart. Imagine a clock face on the floor in front of you, position your left foot to point to 12 o'clock and your right foot to point to 2 or 3 o'clock. Inhale and lift your arms out to the sides of your body until they are level with your shoulders. As you exhale soften your shoulders and lengthen your arms. Bend your right knee and look along your right arm (E). Continue as instructed.



When instructed slowly rotate your body 90 degrees to the right and lift you arms up to create a prayer position above your head (F). Continue as instructed.



**Track.5. Day 4 cont.**

When instructed turn both feet to point to 12o'clock. Drop your chin onto your chest and relax your body forward (G). Continue as instructed performing postures (E), (F) & (G) on the left side.



When instructed slowly uncurl and lay down on your back. Draw both knees in towards your chest and hold onto your knees or shins (H). Continue as instructed.



When instructed release your legs and place the soles of your feet onto your mat with your knees pointing straight up. Position your arms alongside your body with the palms facing up (I). Continue as instructed to the end of the session.

**Track.6. Day 5.**

Begin standing. Broaden your upper back, soften your shoulders and draw up your stomach muscles (A). Continue as instructed.



**Track.6. Day 5 cont.**

When instructed inhale and lift your arms up and out to the sides of your body until you create a prayer position above your head, look to your hands (B).



As you exhale, lower your arms and fold forward (C).



As you inhale, step your right foot back and bend your left knee (D).



As you exhale step your left foot back to a position beside your right foot. Drop your chin onto your chest and push down into your hands (E).



As you inhale place your knees to the floor and relax your feet (F).



**Track.6. Day 5 cont.**

As you exhale round your back up and look between your legs (G).



As you inhale reverse the movement by releasing the lower ribs and stomach down towards the floor and lifting the chest and head (H).



As you exhale round your back up and look between your legs, move your weight back so that your knees leave the floor and unfold your legs (I).



As you inhale step your right foot forward (J).



As you exhale step your left foot to a position beside your right foot and fold forward (K).



## Track.6. Day 5 cont.

As you inhale slowly uncurl and lift your arms up and out to the sides of your body until you create a prayer position above your head, look to your hands (L).



As you exhale push your palms together and bring your hands down in front of your body (M). Hold this position breathing slowly.



Continue as instructed repeating postures (B ) to (M) leading with the left leg this time. The postures are then repeated once more on each side whilst moving at a slightly faster pace.

When instructed lay down on your back and draw your knees in towards your chest (N). Hold onto your knees or your shins and continue as instructed.



When instructed release your knees and place your feet onto the floor keeping your knees bent (O). Continue as instructed.



Extend your legs so that you are laying flat on your back with your arms alongside your body and your palms facing up (P). Continue as instructed to the end on the session.



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