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Guided Audio Yoga

Yoga for Balance

Guide Booklet

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

Yoga for Balance

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Yoga for Balance

Introduction.

Thank you for purchasing the Yoga2hear Yoga for Balance Download. The 75 minute class contains a selection of yoga techniques that will help balance your entire being. The carefully selected asanas will create physical symmetry (so many of us have a dominant side or store tension in a particular area) and the breathing techniques used will encourage emotional balance and promote a clear focussed mind.

Throughout the class you will be encouraged to internalise your focus and bring awareness to any blockages or areas of tension stored within the body. Practicing yoga in such a way will help to remove any imbalances and prevent future related injuries or illnesses.

With regular use of the class imbalances will be gradually eliminated allowing prana (vital life force) to flow freely around the body. This will increase levels of vitality and improve the function of all your internal organs which will leave you feeling physically and emotionally balanced.

We hope you enjoy this class and 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 classes please visit us at www.yoga2hear.co.uk.

Yoga for Balance

Track.1. Introduction.

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

Track.2. The Yoga for Balance Class.

Begin sitting with your legs crossed. Rest the backs of your wrists onto your knees with the palms of your hands facing up. Spread your fingers and roll the tips of your index fingers down to the base of your thumbs (1). Lightly close your eyes and begin to breathe slowly through your nose. Continue as instructed.



When instructed relax your hands, uncross your legs and lay down on your back with your arms alongside your body and your palms facing up (2). Continue as instructed.

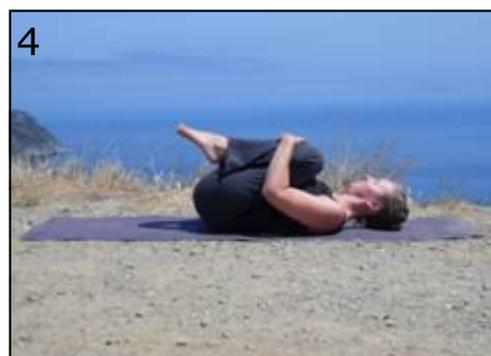


When instructed inhale and reach your arms along the floor above your head (3). Continue as instructed.



Track.2. The Yoga for Balance Class cont.

When instructed bend your knees and bring your knees in toward your chest. Hold onto your knees or your shins and gently draw your knees in (4). Continue as instructed.



When instructed roll onto your right side and then slowly come up into the Cat posture with your hands under your shoulders and your knees under your hips (5). Continue as instructed.



When instructed inhale and release your ribs and stomach down towards the floor and lift your chest and head (6).



When instructed exhale, round your back up, drop your head down and look between your legs (7). Continue as instructed moving between positions (6) & (7).



Track.2. The Yoga for Balance Class cont.

When instructed exhale, round your back up, drop your head down and look between your legs. Now continue the movement and unfold your legs moving into Downward Facing Dog (8). Continue as instructed.



As you inhale return your knees to the floor, relax the tops of your feet and move back into Cat (9). Continue as instructed moving between positions (8) & (9) in your own time.



When instructed hold the Downward Facing Dog posture (10) and continue as instructed.



When instructed slowly begin to walk your feet in towards your hands so that you come into a Standing Forward Bend (11). Continue as instructed.

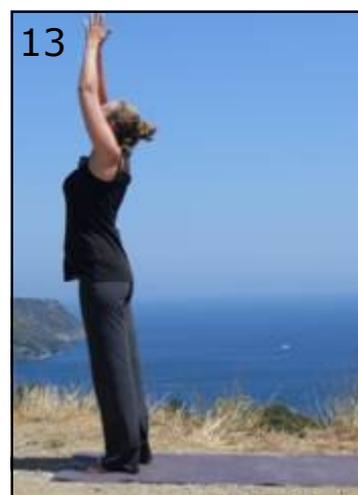


Track.2. The Yoga for Balance Class cont.

When instructed slowly uncurl coming up to a standing position (12). Continue as instructed.



When instructed inhale and lift your arms straight out to the sides of your body until you form a prayer position with your hands above your head (13).



As you exhale lower your arms and fold forward into a standing forward bend (14).



As you inhale step your right leg back and bend your left knee moving into a Long Lunge (15).



Track.2. The Yoga for Balance Class cont.

As you exhale straighten your left leg and fold your body forward over the left leg (16).



As you inhale bend your left knee returning to a Long Lunge (15).

As you exhale step your left foot back to a position beside your right foot and push down into your hands moving into Downward Facing Dog (17).



As you inhale bring your shoulders forward moving into Plank (18).



As you exhale bend your knees and elbows lowering your chest down towards the floor. Place your chin onto the floor keeping your bottom lifted (19).



Track.2. The Yoga for Balance Class cont.

As you inhale move your body forward, release your hips down to the floor and straighten your arms lifting your chest and head moving into Upward Facing Dog (20).



As you exhale curl your toes under, lift your hips, push down into your hands and move back into Downward Facing Dog (21).



As you inhale step your right foot forward between your hands and move into a Long Lunge (22).



As you exhale step your left foot forward between your hands and move into a Standing Forward Bend (23).



Track.2. The Yoga for Balance Class cont.

As you inhale slowly uncurl and lift your arms straight out to the sides of your body until you form a prayer position with your hands above your head. Look to your hands (24).

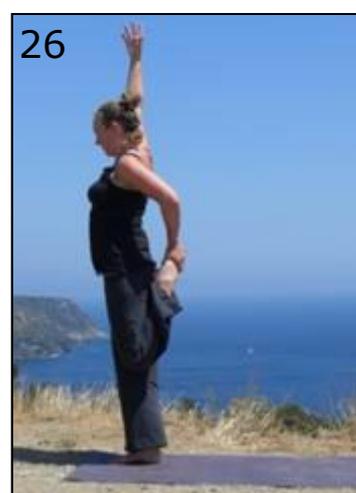


As you exhale push the palms of your hands together and bring your hands to a position in front of your chest (25).

Continue as instructed.



When instructed bend your left knee and hold onto your left foot with your left hand. Draw your left heel in towards your bottom and join your knees moving into the Dancer posture. When instructed lift your right arm straight up (26).

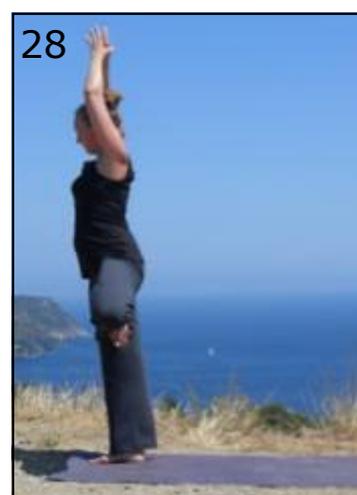


Track.2. The Yoga for Balance Class cont.

When instructed push your left foot back into your left hand and lift your left knee backwards slowly so that you begin to slowly incline forward. (27). When instructed release the incline and join your knees again.



When instructed lower your right arm and release your left foot. Place the sole of your left foot against your right inner thigh with your toes pointing straight down and your left knee out to the side. Take your hands to a prayer position in front of your chest and then extend your arms up above your head moving into the Tree posture (28).



When instructed inhale and step your left leg back as far as you can. Bend your right knee, take your arms to a position level with your shoulders and look along your right arm moving into Warrior 2 (29).



When instructed rotate your torso 90 degrees to the right, lift both arms up to form a prayer position above your head and look to your hands, moving into Warrior 1 (30).



Track.2. The Yoga for Balance Class cont.

When instructed lower your hands to create a prayer position in front of your chest. Rotate your torso to the right as you lean forward, place your left elbow onto the outside of your right thigh and look over your right shoulder. This is the Revolving Extended Side Angle posture (31).



When instructed release the rotation, place both hands to the floor either side of your right foot. Rotate your left foot onto the ball of the foot and bend your right knee moving into a Long Lunge (32).



When instructed inhale, as you exhale straighten your right leg, fold your upper body forward over the right leg and lift your left leg up behind you to a position level with your hips (33).



When instructed point your left foot and slowly take your hands from the floor and place them onto your hips. If you wish to move into the Warrior 3 posture extend your arms straight ahead so that your arms are alongside your ears (34).

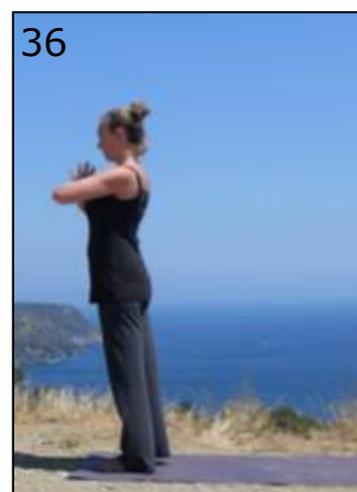


Track.2. The Yoga for Balance Class cont.

When instructed lower your arms placing your hands either side of your right foot. Lower your left leg placing the left foot next to your right foot. As you inhale slowly uncurl lifting your arms up and out to the sides of your body until you form a prayer position with your hands above your head (35).



As you exhale, push your palms together and lower your hands to a prayer position in front of your chest. Then lower your hands to a position beside your body and continue as instructed performing postures (26) to (36) on the left leg.



When instructed lay on your back. Slowly draw your knees in toward your chest holding onto your knees or your shins (37). Continue as instructed.



When instructed release your legs and place your hands to the floor either side of your body with the palms facing down. Push down into your hands and roll your knees in toward your forehead lifting your hips from the floor. Slowly unfold your legs placing your feet to the floor above your head moving into the Plough posture (38). Continue as instructed.



Track.2. The Yoga for Balance Class cont.

When instructed slowly bend your knees in toward your forehead. Place your hands to your lower back and slowly extend your legs straight up and point your toes so that you are in a Shoulder Stand (39). Continue as instructed.

When instructed place your feet to the floor keeping your knees bent and place your hands beside your hips with the palms facing up. When instructed inhale, as you exhale push your lower back into the floor and lift your hips up off of the floor moving into the Half Bridge Posture (40). Continue as instructed.

When instructed inhale and extend your right leg straight up (41). When instructed slowly lower your right leg.

When instructed inhale and extend your left leg straight up (42).

When instructed slowly lower your left leg and begin roll your back down to the floor making sure your lower back touches the floor before your hips. Slowly draw your knees in towards your chest again and lightly hold either your knees or your shins (43).



Track.2. The Yoga for Balance Class cont.

Slowly roll onto your right side and come up to a seated position with your ankles crossed. Rest the backs of your wrists onto your knees with the palms of your hands facing up. Roll the tips of your index fingers down to the base of your thumbs (44). Continue as instructed.



When instructed lift your right hand up in front of your face. Spread your fingers out and then roll the index finger and middle finger down into the palm. You are going to perform a pranayama called Alternate Nostril Breathing and will be using your thumb to block your right nostril and your ring finger to block your left nostril. Continue as instructed.

When instructed slowly lay down onto your back and bend your knees placing the soles of your feet to the floor. Bring the soles of your feet together and allow your knees to fall out to the sides. Lift your arms up above your head moving into Supta Badha Konasana (45). Continue as instructed



When instructed slowly extend your legs and bring your hands alongside your body with the palms facing up (46). Continue as instructed to the end of the class.



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