

IMPROVERS AM-PM YOGA

Sue Fuller



INSTRUCTIONAL VINYASA MORNING CLASS
AND RESTORATIVE EVENING CLASS

YOGA2HEAR

Improvers AM-PM Yoga Guide Book

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

Improvers AM-PM Yoga

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Improvers AM-PM Yoga

Introduction.

Thank you for purchasing the Yoga 2 Hear Improvers AM-PM Yoga Download.

Improvers AM-PM Yoga consists of two easy-to-follow 30 minute sessions suitable for those with yoga experience. The AM session has been created to be used in the morning to kick start your day with an effective Yoga Vinyasa sequence that will gently wake your body and get your energy flowing. The PM session has been created to be used in the evening and uses simple floor based held postures to provide a calming and restorative practice that will deeply relax and unwind your body and mind.

Both sessions have 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, 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.

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

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, have any questions at all or would like more information about our extensive range please visit www.yoga2hear.co.uk.

Improvers AM-PM Yoga

Track.1. Introduction.

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

Track.2. The Improvers AM Session.

Begin kneeling with your bottom resting on your heels. Place your hands palms down onto your thighs and continue as instructed (A).



When instructed hinge forward from your hips placing your forehead onto your yoga mat and extending your arms in front of you moving into Child (B). Continue as instructed.



When instructed inhale and come into Cat with your hands under your shoulders and your knees under your hips (C). Continue as instructed.



As you exhale release your hips down to your mat and lift your chest coming into Upward Dog (D).



As you inhale move back to Cat (E).



As you exhale move your hips back to your heels returning to Extended Child (F).



As you inhale move back into Cat (G).



As you exhale release your hips down to your mat and lift your chest coming back into Upward Dog (H).



As you inhale move back into Cat (I).



As you exhale move your hips back to your heels returning to Extended Child (J).



As you inhale move back into Cat (K).



As you continue to breathe slowly curl your toes under, take your weight back allowing your knees to leave your mat and slowly unfold your legs moving into Downward Dog (L). Continue as instructed.



When instructed slowly walk your feet in towards your hands coming into a Standing Forward Bend (M). Continue as instructed.



When instructed slowly uncurl your spine and come up to standing with your shoulders over your hips (N). Continue as instructed.



When instructed inhale and lift your arms up and out to the sides of your body, keep lifting the arms until your hands form a prayer position above your head (O).



As you exhale push your palms together and bring your hands down in front of your chest (P).



Now inhale and bring your hands back up past your face to the prayer position above your head (Q).



As you exhale part your hands and lower your arms out to the sides of your body returning to your start position (R). Continue as instructed.



Vinyasa.

When instructed exhale and slowly fold your body forward into a Standing Forward Bend (A).



As you inhale step your right foot back as far as you can and bend your left knee coming into a Long Lunge (B). Continue as instructed.



When instructed inhale and slowly step your left foot back beside the right foot coming into Plank (C). Continue as instructed.



As you exhale move your bottom up and back coming into Downward Facing Dog (D). Continue as instructed.



You are now going to move into Warrior 1. As you inhale step your right foot forward between your hands and lift your arms up to a prayer position above your head (E). Continue as instructed.



When instructed inhale. As you exhale rotate your torso to the left and lower your arms to level with your shoulders moving into Warrior 2 (F). Continue as instructed.



You are now going to move into Triangle. When instructed slowly straighten your right leg. As you inhale shift your ribcage to the right and as you exhale lower your right hand down towards your right shin or foot and extend the left arm straight up (G). Continue as instructed.



As you exhale return to Warrior 2 by bending your right knee, bringing your torso up and your arms level with your shoulders (H). Continue as instructed.



You are now going to move back into Warrior 1. When instructed inhale and rotate your torso to the right and lift your arms up to a prayer position above your head (I). Continue as instructed.



When instructed inhale. As you exhale fold forward and lower your arms returning to a Long Lunge (J). Continue as instructed.



When instructed exhale and step your left foot forward between your hands coming into a Standing Forward Bend (K).



Inhale and slowly uncurl your body and lift your arms up and out to the sides of your body, keep lifting the arms until your hands form a prayer position above your head (L).



As you exhale push your palms together and bring your arms down in front of your chest. Hold it here breathing slowly (M). Continue as instructed repeating this sequence on the left side. And then again on both sides as a faster pace.



When instructed sit down on your mat with your ankles crossed. Rest your hands lightly on your thighs and close your eyes (N). Continue as instructed to the end of the session.



Track.3. The Improvers PM Session.

Begin laying down on your back with your legs extended along the mat. Lightly close your eyes and breathe slowly through your nose (A). Continue as instructed.



When instructed slowly draw your knees in towards your chest and hold onto your knees or your shins (B). Continue as instructed.



When instructed exhale and allow your knees to fall to the right as you turn your head to the left (C). Continue as instructed and then repeat the twist on the other side.



When instructed slowly draw your knees in towards your chest and hold onto your knees or your shins again (D). Continue as instructed.



When instructed release your left leg and extend it along your mat. Place your left hand onto your left thigh and continue as instructed (E).



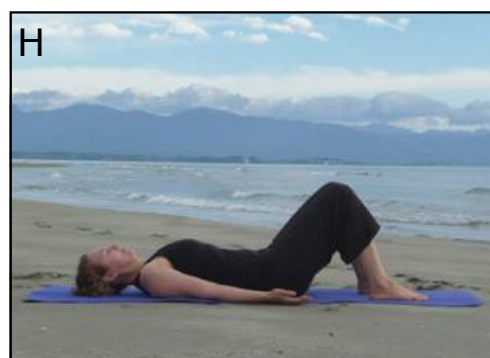
When instructed hold the big toe on your right foot with the first two fingers of your right hand. Slowly extend the right leg (F). Continue as instructed.



When instructed slowly draw your knees in towards your chest and hold onto your knees or your shins again (G). Continue as instructed and repeat the extended leg sequence on the left side.



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 (H).



When instructed inhale. As you exhale press your lower back into the floor and slowly lift your hips. Breathe slowly as you continue to lift your hips up moving into the Half Bridge posture (I). Continue as instructed.



When instructed exhale and slowly lower your hips bringing your spine back down onto the floor. Lift your feet and draw your knees in towards your chest. Hold onto your knees or your shins (J). Continue as instructed.



When instructed begin to rock backwards and forwards. Release your legs and rock up to seated. Extend your legs straight out along your mat and flex your feet with your toes pointing straight up (K).



When instructed inhale and then as you exhale fold your body forward over your legs (L). Bend your knees if you need to and work to soften your shoulders. Continue as instructed.



When instructed roll back down so you are laying on your mat. Bring your feet in close to your bottom, allow your knees to fall out to each side and bring the soles of your feet together. Lift your arms and place them out along the ground above your head (M). Continue as instructed.



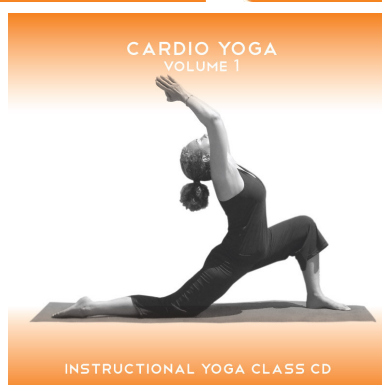
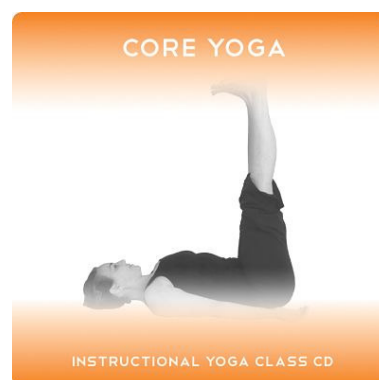
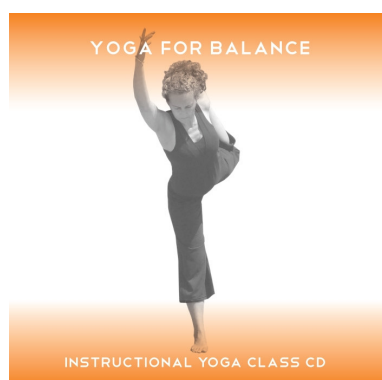
When instructed bring your knees back up into the centre. Lift your feet and draw your knees in towards your chest. Hold onto your knees or your shins (N). Continue as instructed.



When instructed release your legs and extend them out along the ground. Place your arms alongside your body with the palms facing up. (O). Continue as instructed to the end of the session.



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