

GENTLE YOGA STRETCHES



GUIDED YIN YOGA STYLE CLASS
FOR BEGINNERS

YOGA2HEAR

Gentle Yoga Stretches

Guide Book

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

Gentle Yoga Stretches

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Gentle Yoga Stretches

Introduction.

Thank you for purchasing the Yoga 2 Hear Gentle Yoga Stretches CD/Download. This easy-to-follow 62 minute guided session is suitable for those with and without previous yoga experience. The session is a Yin Yoga style class that contains simple floor based postures that are each held for several minutes. This form of Yoga releases tension stored deep within the body that may have built up over many years and will also increase flexibility and joint mobility.

Practicing yoga in such a way becomes meditative and encourages mental clarity and focus. A Yin style yoga practice provides balance to today's fast moving way of life and allows you to deeply relax and experience stillness, whilst relieving tension and regulating energy flow.

This type of yoga practice is an ideal way to compliment any existing fitness routine or sporting activity. Combining slow held practices with faster activity will bring balance and harmony.

This 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 hope you enjoy this session and continue to find it useful long into the future. Please feel free to ask Sue any questions regarding this class, the suitability of other Yoga 2 Hear classes or yoga in general. Please [click here](#) to contact Sue, she will get back to you promptly.

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Gentle Yoga Stretches

About the teacher - Sue Fuller

Sue is a leading teacher of both Hatha and Sivananda yoga. She initially trained with the Sivananda Organization in Neyyar Dam, India and has since also studied in Australia, New Zealand and Thailand. She is a fully qualified Vegetarian and Vegan Nutritional Therapist and has extensively researched yoga and yoga related topics linked to her teaching, recording, writing and presenting.



Sue has taught yoga, lead workshops and held teacher training courses in many countries for over 20 years. She has taught yoga to many professional sports men and women including Skiers, Snowboarders, Climbers, Cyclists and Surfers. Sue has drawn upon her vast experience to ensure that all Yoga 2 Hear classes are as appropriate, achievable and effective as possible.

In addition to her yoga teaching Sue is the resident yoga expert for Natural Health magazine, a regular writer for The Yoga Magazine and many other lifestyle publications and websites. Sue is also the author of three of The British School of Yoga's courses. These are Yoga for a Healthy Pregnancy, The Pre and Postnatal Yoga Teacher Training Course and The Advanced Hatha Yoga Teacher Training Course.

Sue has previously devised and presented nine yoga DVD's that are sold by major retailers around the world. Although yoga DVD's are popular, Sue realised that well structured audio yoga classes would be far more effective. They allow you to focus 100% on the yoga practice without the distraction of having to watch a screen. This benefit also makes audio classes totally portable, allowing you to use them anywhere you wish.

Gentle Yoga Stretches

Track.1. Introduction.

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

Track.2. The Gentle Yoga Stretches Session.

Preparation

Begin laying on your back with your knees bent and the soles of your feet on the floor hip width apart. Close your eyes and breathe slowly through your nose (A). Continue as instructed.



When instructed draw your right knee in toward your chest. Hold the right leg just below the knee and gently draw the leg in toward the chest (B). Continue as instructed.



When instructed draw your left knee in toward your chest. Hold the left leg just below the knee and gently draw the leg in toward the chest (C). Continue as instructed.



Place your arms straight out to the sides level with your shoulders. Have the palms facing up. When instructed allow your knees to fall towards the ground on your right side (D). Continue as instructed.



When instructed allow your knees to fall towards the ground on your left side (E). Continue as instructed.



When instructed return your knees to the central starting position and place your arms alongside your body with the palms facing up. Push down into the soles of your feet and lift the hips up moving into a Half Bridge (F). Continue as instructed.



When instructed draw your knees in toward your chest and place your hands onto your knees (G). Continue as instructed.



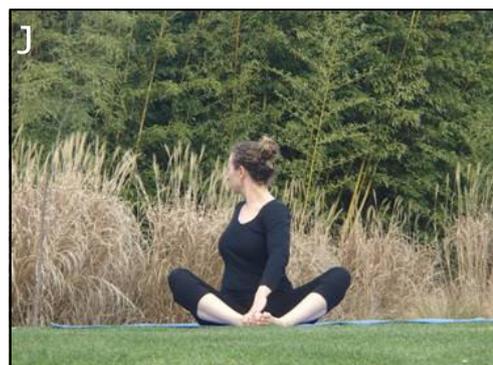
When instructed come up to a seated position with the soles of your feet together and your knees falling out to each side. Release your body forward (H). Continue as instructed.



When instructed come up to sit with a straight spine. Place your right hand to the outside of your left foot and your left hand to the floor behind your back. Rotate around to the left and look over your left shoulder (I). Continue as instructed.



Now place your left hand to the outside of your right foot and your right hand to the floor behind your back. Rotate around to the right and look over your right shoulder (J). Continue as instructed.



Hamstring Stretch

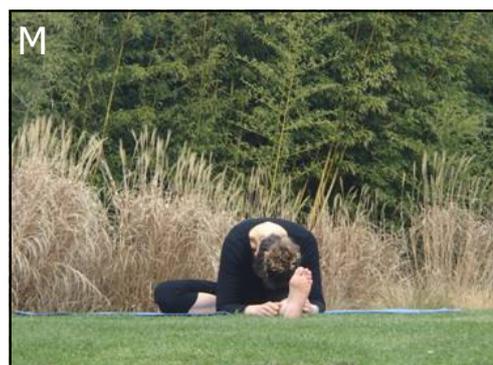
When instructed, extend your right leg straight out in front of your body with toes pointing straight up. Place your left foot against your right inner thigh and relax your body forward (K). Continue as instructed.



When instructed slowly bring your body up. Keeping your left leg still, move your right leg out to the right side and relax your body forward again (L). Continue as instructed.



When instructed slowly bring your body up again and bring your right foot in so the soles of your feet are together again. Now extend your left leg straight out in front of your body with toes pointing straight up. Place your right foot against your left inner thigh and relax your body forward (M). Continue as instructed.



When instructed slowly bring your body up. Keeping your right leg still, move your left leg out to the left side and relax your body forward again (N). Continue as instructed.



Cat.

When instructed come onto your hands and knees. As you inhale, tilt your pelvis, drop your stomach and ribs down towards the floor, and lift your chest and your head (O).



As you exhale, draw your naval up towards your spine, round your back up and drop your chin onto your chest (P). Continue as instructed.



Child.

Sink your bottom back towards your heels, release your forehead down and extend your arms forward (Q). Continue as instructed.



Long Lunge.

When instructed move back through Cat and step your right foot forward to a position between your hands. Slide your left knee back a little, curl under the toes on your left foot and lift your left knee up from the floor (R). Continue as instructed.



When instructed lower the left knee to the floor (S). Continue as instructed.



Child

Move back through Cat then sink your bottom back towards your heels, release your forehead down and extend your arms forward (T). Continue as instructed.



Long Lunge

When instructed move back through Cat and step your left foot forward to a position between your hands. Slide your right knee back a little, curl under the toes on your right foot and lift your right knee up from the floor (U). Continue as instructed.



When instructed lower the right knee to the floor (V). Continue as instructed.



Child

Move back through Cat then sink your bottom back towards your heels, release your forehead down and extend your arms forward (W). Continue as instructed.



Hamstring & Thigh Stretch

When instructed move onto your back with your knees bent and the soles of your feet on the floor. Bring your right knee in towards your chest and hold the right leg behind the thigh. Slowly unfold your right leg and reach up through your right heel (X). Continue as instructed.



When instructed bend the right knee and place your right ankle across the top of your left knee with the right knee pointing out to the side. Keeping the left leg bent lift the left foot from the floor. Hold the left leg behind the thigh and gently draw the left leg in towards your body (Y). Continue as instructed.



Bring your left knee in towards your chest and hold the left leg behind the thigh. Slowly unfold your left leg and reach up through your left heel (Z). Continue as instructed.



When instructed bend the left knee and place your left ankle across the top of your right knee with the left knee pointing out to the side. Keeping the right leg bent lift the right foot from the floor. Hold the right leg behind the thigh and gently draw the right leg in towards your body (A). Continue as instructed.

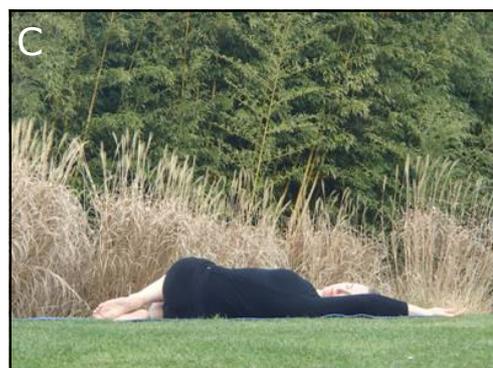


Spinal Twists

When instructed draw your knees in toward your chest. Place your arms out to the sides level with your shoulders with your palms facing up. When instructed exhale and allow your knees to fall towards the right and turn your head to look to your left hand (B). Continue as instructed.



When instructed slide your left arm to a position on the ground alongside your left ear (C). Continue as instructed.



When instructed draw your knees in toward your chest. Place your arms out to the sides level with your shoulders with your palms facing up. When instructed exhale and allow your knees to fall towards the left and turn your head to look to your right hand (D). Continue as instructed.



When instructed slide your right arm to a position on the ground alongside your right ear (E). Continue as instructed.



The Corpse

When instructed extend your legs along the floor and place your arms alongside your body and the palms facing up (F). Continue as instructed to the end of the session.



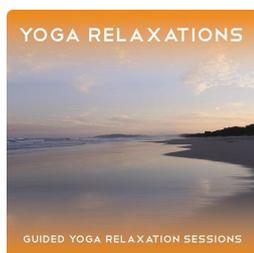
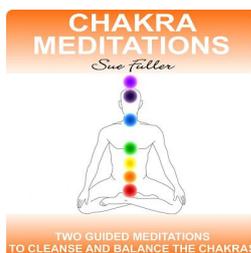
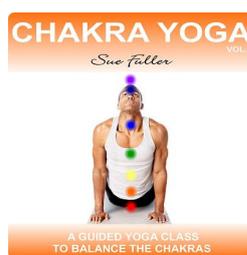
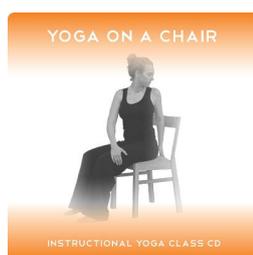
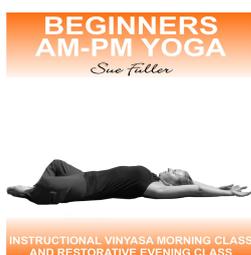
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