

# DAILY CORE YOGA



FIVE GUIDED YOGA SESSIONS  
FOR CORE STRENGTH

YOGA2HEAR

## Daily Core Yoga Guide Book

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

# Daily Core Yoga

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# Daily Core Yoga

Thank you for purchasing the Yoga 2 Hear Daily Core Yoga CD or Download.

Daily Core Yoga consists of five different 15 minute sessions that are suitable for those with and without previous yoga experience. Each session contains a different selection of yoga postures and techniques that will strengthen the core muscles. The core muscles respond well to slow controlled movements so these sessions are the perfect way to develop and maintain your core strength.

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 if possible, ie, Session 1 on Monday, Session 2 on Tuesday etc. This will allow for a couple of days off if you wish. If not, on these days we recommend you use one or two of our longer sessions of the correct level for you.

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 just 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 have any questions at all for Sue, please visit [www.yoga2hear.co.uk](http://www.yoga2hear.co.uk).

# Daily Core Yoga

## Track.1. Introduction.

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

## Track.2. Day 1.

**Preparation.** Begin lying on your back with your knees bent and the arms alongside your body (A). Continue as instructed.



**Abdominal Crunches.** Place your feet onto the floor, bend your elbows and place your fingertips behind your ears. Inhale and draw up the pelvic floor muscles. As you exhale lift your head and shoulders from the ground (B). Continue as instructed.



**Spinal Twist and Variation.** Take the arms out level with the shoulders palms facing up (C). Continue as instructed.



Remain in a spinal twist with the knees to the right. Bend your elbows and place your fingertips behind your ears. Lift the head and shoulders from the ground (D). Continue as instructed.



**Lower back release.** Draw your knees in towards your chest keeping your head and shoulders on the ground (E). Continue as instructed.



**Snake.** Lay on your front with your arms and legs extended. Inhale and lift opposite arm and leg (F). Continue as instructed.



**Upper body lifts.** Interlink your fingers behind your lower back, inhale and lift your upper body from the ground (G). As you exhale lower the upper body. Continue as instructed.



**Relaxation.** Roll onto your back and draw your knees in towards your chest (H). Continue as instructed.



**Savasana.** Extend your legs and place your arms alongside your body with the palms facing up (I). Continue as instructed until the music fades at the end of the session.



### Track.3. Day 2.

**Preparation.** Begin kneeling (A). You may place a few folded towels under your hips for comfort or sit with the ankles crossed if you prefer. Breathe slowly through your nose. Continue as instructed.



**Cat with side leg lift.** Start on all fours, with the hands under the shoulders and the knees under the hips (B).



As you inhale lift the right knee out to the side (C) and return to your starting position on the exhalation. Repeat on the other side and continue as instructed.



**Cat with alternate arm and leg lifts.** Inhale and extend the right leg behind you and lift it up so that it is level with your hips (D), exhale and draw the navel up towards your spine.



As you inhale lift the left arm alongside the left ear (E) and then exhale and lower arm and leg. Repeat on the other side and continue as instructed.



**Downward Facing Dog.** From cat, curl under your toes and slowly unfold your legs. Create a triangular shape with your body and the floor by pushing the floor away with your hands (F). Continue as instructed.



**Downward Facing Dog with alternate leg lifts.** Inhale and lift the right leg keeping the hips square and the toes pointing down (G). Lower the leg as you exhale. Repeat with the left leg and continue as instructed.



**Child.** Pass through cat and release your bottom back onto your heels. Relax your upper body forwards and release your forehead to the ground. (H). Continue as instructed.



**Plank with leg lifts.** From downward facing dog allow your shoulders to move forward and lower your hips a little to create a straight line between your shoulders and your heels (I).



As you inhale, lift the right leg (J). As you exhale and lower the right leg. Repeat with the left leg and continue as instructed.



**Child.** Pass through cat again and release your bottom back onto your heels. Relax your upper body forwards and release your forehead to the ground (K). Continue as instructed.



**Locust.** Lie on your front, make gentle fists with your hands and place your hands palm up under your hips where your leg and your body join. Join the insides of the legs and lift alternate legs as instructed (L).



When instructed lift both legs (M). Continue as instructed.



**Upper body lifts.** Position your hands beside your temples, keeping the legs on the floor lift the upper body from the floor (N). Continue as instructed.



**Lower back Release.** Lie on your back and draw your knees into your chest (O). Continue as instructed.



**Savasana.** Extend your legs and place your arms alongside your body with the palms facing up (P). Continue as instructed until the music fades at the end of the session.



### Track.4. Day 3.

**Preparation.** Start by sitting on your bottom with your right leg crossed in front of your left (A). Continue as instructed.



**Easy Spinal Twist.** Place your hands onto your shoulders and rotate your torso to the right (B). Continue as instructed co-ordinating breath and movement.



**Seated Forward Bend.** Extend your legs and relax forward (C). Continue as instructed.



**Inclined Plane.** Sit with a straight back and your legs extended. Place your hands to the floor behind your hips with your fingertips pointing forward. Push down into your hands and heels to lift your hips (D). Continue as instructed.



**Cat.** Move onto all fours with your hands under your shoulders and your knees under your hips. (E). Continue as instructed.



**Downward Facing Dog with variation.** From cat, curl under your toes and unfold your legs to create a triangular shape with your body and the floor (F).



Inhale and lift the right leg (G).



As you exhale bring the right knee in towards your forehead (H), inhale extend the leg back up. As you exhale lower the leg to your starting position. Repeat alternate sides as instructed.



**Child.** Pass through cat again and release your bottom back onto your heels. Relax your upper body forwards and release your forehead to the ground (I). Continue as instructed.



**Plank with variation.** Move back into cat and then into plank. Inhale and lift the right leg (J).



Exhale and bring the right knee in towards the right elbow (K). Inhale and extend the right leg back and then exhale and lower the leg to the starting position. Continue as instructed.



**Child.** Pass through cat again and release your bottom back onto your heels. Relax your upper body forwards and release your forehead to the ground (L). Continue as instructed.



**Lower Back Release.** Lie on your back and draw both knees in towards your chest (M). Continue as instructed.



**Savasana.** Lie on your back with your legs extended and your arms alongside your body (N). Continue as instructed until the music fades at the end of the session.



**Track.5. Day 4.**

**Preparation.** Lay on your back with your knees bent (A). Continue as instructed.

**Alternate Knee Squeezes.**

Bring your knees in towards your chest. Inhale and lengthen the body by extending your arms and legs (B).



As you exhale bring your right knee in towards your chest, hold onto the right knee and take your nose up to join your right knee (C). Continue working both sides as instructed.



**Abdominal Crunches and variations.** Place your feet onto the floor, bend your elbows and place your fingertips behind your ears. Inhale and draw up the pelvic floor muscles as you exhale lift your head and shoulders from the ground (D). Continue as instructed.



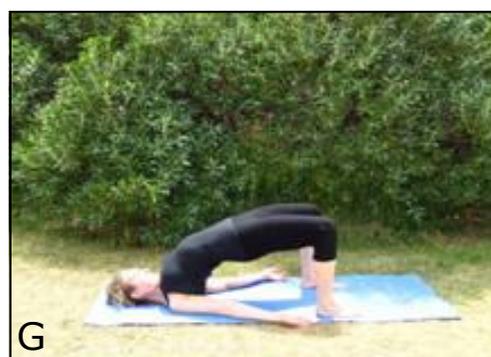
Cross the right ankle onto your left knee. Lift the left shoulder from the ground directing it towards the right knee (E). Continue as instructed.



Keep the right leg where it is, lift the shoulders, lift the left foot, squeeze everything together (F). Lower the head and shoulders and left foot back to the ground. Continue as instructed and repeat on the other side.



**Half Bridge.** Place both feet to the floor, push down into your feet and lift the hips from the ground (G). Continue as instructed.



**Savasana.** Lie on your back with your legs extended and your arms alongside your body (N). Continue as instructed until the music fades at the end of the session.



## Track.6. Day 5.

**Preparation.** Begin sitting with the soles of your feet together (A). Continue as instructed.



**Boat.** Place the soles of your feet onto the floor with your knees pointing up. Join the insides of your legs and lightly hold the backs of your thighs (B).



Inhale and unfold the right leg (C). As you exhale lower the right leg. Continue as instructed lifting alternate legs.



When instructed lift both feet from the floor (D). Continue as instructed.



Cross your ankles and place your hands beside your hips. Push down into your hands to lift the hips from the ground (E). Continue as instructed.



**Cat on the forearms.** Move into cat and then place your forearms onto the ground (F). Continue as instructed.



**Dolphin.** Interlink your fingers and slowly unfold your legs (G).



When instructed, lift your chin, inhale and move your body forward (H).



As you exhale move your body back by pushing into your forearms (I). Continue as instructed.



**Child.**

Release your bottom back onto your heels. Relax your upper body forwards and release your forehead to the ground (J). Continue as instructed.



**Forearm Plank.** From child lay flat on your tummy, place your forearms to the ground so that your wrists are under your shoulders. Curl under your toes and lift your body from the ground to form a straight line (K). Continue as instructed.



**Cobra.** Keep your forearms on the ground, point your toes and join the insides of your legs. Push into your forearms and lift your chest (L). Continue as instructed.



When instructed push down into your hands and lift the forearms from the ground (M). Continue as instructed.



### **Knee Circles.**

Lie on your back and draw your knees in towards your chest (N). Continue as instructed.

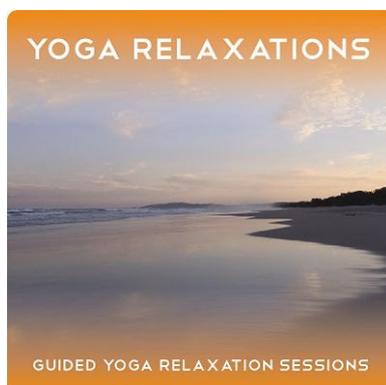
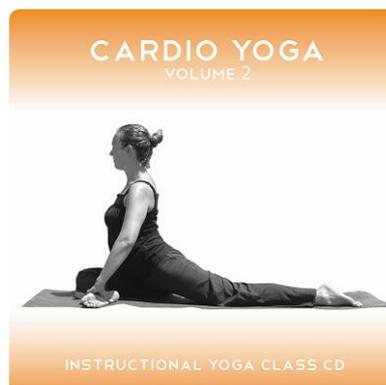
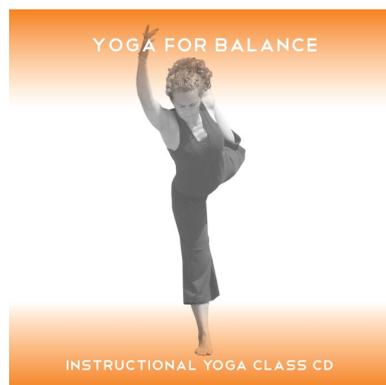
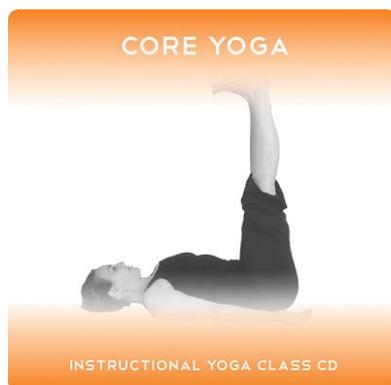


**Savasana.** Lie on your back with your legs extended and your arms alongside your body (O). Continue as instructed until the music fades at the end of the session.



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## other classes you may like to try



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