

yoga2hear
Guided Audio Yoga



Introduction to Core Yoga

Guide Book

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

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Medical Warning

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Intro to Yoga 2 Hear

Thank you for purchasing a Yoga 2 Hear guided audio yoga class. Our classes provide top quality achievable and effective Hatha yoga instruction that can be used whenever and wherever you choose. With Yoga 2 Hear audio yoga classes you can close your eyes and concentrate 100% on the clear and easy to follow instructions, this allows you to gain the maximum benefits from each class.

Before you start here are a few bits of information that you may find useful;

If you have no previous experience of Yoga you may find that it takes a couple of sessions before you settle into the idea of moving and breathing slowly. This is quite normal and often happens to new Yoga students.

Slow controlled breath is a fundamental part of Hatha Yoga. It assists the postures and with regular practice you will find that your breath becomes easier to control, your postures will deepen naturally and your mind will become more focussed. If however you feel the need to take extra breaths at anytime during this class please do so.

Always use a non-slip Yoga mat and never force your postures, just relax into them. Should you feel pain or discomfort at any time during this class relax the posture immediately.

Make sure that the area in which you are following this class is warm and free from any obstructions. You will need enough room to move your arms and legs in all directions whilst sitting and laying on your yoga mat.

We are keen to hear your comments on this product. If you would like to let us know what you think or want more info on our products and events please visit us at yoga2hear.co.uk.

Core Yoga

This class has been devised for those with and without any previous experience of yoga. The class uses a number of Hatha Yoga postures that strengthen and bring awareness to the deep muscles of the lumbar spine, pelvis and abdominal areas which together form our core muscles.

The role of the core muscles is to provide support when sitting, standing or moving and to minimise the loads placed on our joints. They also allow us to move with greater efficiency and help to support the spine which reduces the risk of injury to the back.

Our core muscles respond well to slow controlled movements so yoga is a perfect way of strengthening them. Something as simple as sitting with a straight back (which is often done in yoga) activates the core muscles, this will increase core stability and improve posture which has many positive benefits.

Class Guide

Introduction

Please ensure you have carefully read and understood this guide book before commencing the Introduction to Core Yoga class. Please also ensure that you strictly follow the recommendations in the Medical Warning.

The Postures

Easy Pose. Begin sitting with your ankles crossed, lightly close your eyes and breathe slowly in and out through your nose. Lift your lower stomach muscles and sit up as tall as you can feeling that you are growing upwards out of the crown of your head. Broaden your upper back and release your shoulders away from your ears (A). As you breathe slowly become aware of the movement through your ribcage. When instructed inhale and lift your pelvic floor muscles, as you exhale release your pelvic floor muscles. Continue as instructed, linking breath and pelvic floor movement whilst lifting your lower stomach muscles.



Pelvic Tilt. Begin laying on your back with your knees bent and the soles of your feet on the floor. Distribute your weight evenly through the soles of your feet, lift your lower stomach muscles, broaden your upper back and release your shoulders down to the floor (A). Breathe slowly in and out through your nose. When instructed inhale and then as you exhale engage your lower stomach muscles and release your lower back down into the floor. Hold this position as you continue to breathe slowly in and out through your nose. When instructed relax your lower stomach muscles, inhale and then as you exhale lift your lower stomach muscles, release your lower back down into the floor and lift your pelvic floor muscles. Hold this position as you continue to breathe slowly in and out through your nose. Repeat as instructed.



Leg Lifts. Place your arms on the floor level with your shoulders, have the palms of your hands facing up (A). Continue to breathe slowly in and out through your nose. When instructed inhale and then as you exhale release your lower back down into the floor and engage your lower stomach muscles. Now inhale and as you do so draw your right knee in towards your chest (B). Continue to inhale as you unfold your right leg so that you are extending it straight up (C). As you exhale slowly lower your right leg. Keep the leg straight and hold it just above the floor (D). Continuing to exhale, bend your right knee and place your right foot back to the ground so that you are back in your starting position (A).



When instructed inhale and as you do so draw your left knee in towards your chest (E). Continue to inhale as you unfold your left leg so that you are extending it straight up (F). As you exhale slowly lower your left leg. Keep the leg straight and hold it just above the floor (G). Continuing to exhale, bend your left knee and place your left foot back to the ground so that you are back in your starting position (A). Continue with alternate legs as instructed linking your breath to your movement.



Spinal Twist. Begin laying on your back with your knees bent, your arms straight out to the sides level with the shoulders and your palms facing up (A). As you exhale allow your knees to fall to the right and at the same time turn your head to the left (B). As you inhale return your knees and your head to the central starting position (A). As you exhale again allow your knees to fall to the left this time and at the same time turn your head to the right. As you inhale again return your knees and your head to the central starting position (A). Continue as instructed on alternate sides linking breath and movement. When instructed draw your knees in towards your chest holding onto either your knees or your shins as you soften your shoulders, release your lower back, close your eyes and relax all of your facial muscles as you continue to breathe slowly.



Half Locust. Begin laying on your stomach. Join the insides of your legs, relax your feet and release your forehead down to the floor. Make fists with your hands and place your hands under your hips with the backs of your hands in contact with your yoga mat (A). When instructed inhale and stretch your right leg then lift it from the floor (B). As you exhale lower the right leg. Now inhale and stretch your left leg then lift it from the floor (C). As you exhale lower the left leg. Continue on alternate sides as instructed linking your movement to your breath. When instructed join your big toes and allow your heels to roll out. Make a pillow with your forearms and rest your forehead on your arms as you continue to breathe slowly through your nose.



Snake and Lower Back Release. Place your forehead back onto the floor, interlink your fingers behind your lower back and join the insides of your legs. When instructed inhale and slowly lift your upper body (A). As you lift slide your hands down towards the backs of your legs. As you exhale slowly lower your chest and head returning to your starting position. Continue as instructed linking your movements with your breath. When instructed slowly roll over onto your back and draw your knees in towards your chest. Hold on to either your knees or your shins as you soften your shoulders, relax all of the muscles on your face and soften your lower back as you breathe slowly through your nose (B).



Relaxation.

When instructed slowly extend your legs so that you are laying flat on your back (A). Place your hands beside your hips with the palms of your hands facing up and breathe slowly through your nose. Remain in this position for as long as you feel necessary.



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