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Guided Audio Yoga



Cardio Yoga Vol.1

Guide Booklet

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

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Before you start.

Thank you for purchasing the Yoga 2 Hear Cardio Yoga Vol.1 class download. Our classes have been created to provide top quality achievable and effective 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.

This guide booklet contains photos and descriptions of the various postures used in the class. The photos have been included to help you form a mental image of the postures should you need to do so before following the class.

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

We recommend that you use this class with a relatively empty stomach. Before you eat or at least 2 hours after a light meal is ideal.

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.

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.

If, at anytime during this class you find that your mind wanders, you may find it helpful to focus your attention on to the sound of your breathe entering and leaving your body. We hope you enjoy this class and are keen to hear any comments you may have. If you would like to let us know what you think or would like information on our range of classes please visit us at www.yoga2hear.co.uk.



Cardio Yoga

The Yoga 2 Hear Cardio Yoga classes have been devised to raise your heart rate to an aerobic level and sustain it for approx 45 minutes. The classes allow you to enjoy all of the benefits of an aerobic workout combined with a yoga practice.

The classes contain carefully selected strong postures that are linked together by the breath to form vinyasas. Vinyasa yoga lengthens, strengthens, shapes and tones all major muscle groups of the body, helps remove excess body fat, increases energy levels, strengthens the heart and lungs and helps to clear and focus the mind.

Cardio Yoga Vol.1 Class Introduction

This 70 minute class begins with a warm up vinyasa to gently get things moving. It then continues with 3 more vinyasa's that build in pace and intensity as the class continues. The vinyasa's contain postures such as Downward Facing Dog with variations, Upward Facing Dog, Plank with variations, Half Moon, Warrior 1, Warrior 2, Sun Warrior and Plough.

After the fourth vinyasa the class uses a series of held postures to provide a series of deep stretches before concluding with a guided relaxation session.

Cardio Yoga Vol.1 Class Guide

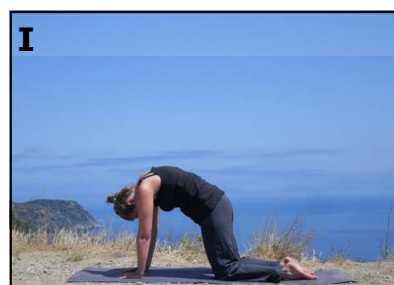
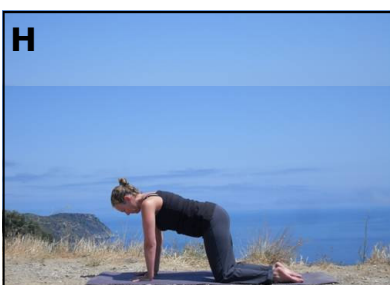
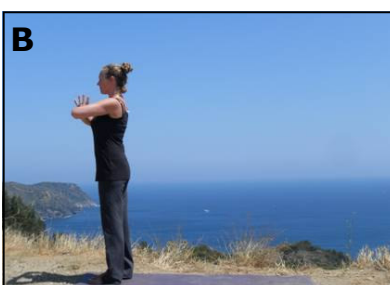
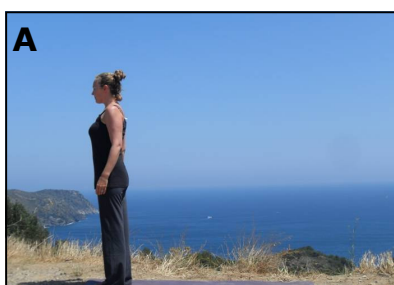
Track 1. Introduction

Please ensure you have listened carefully to the introduction and that you have read and understood the Medical Warning and Disclaimer in the front of this guide book before commencing the class.

Track 2. The Class

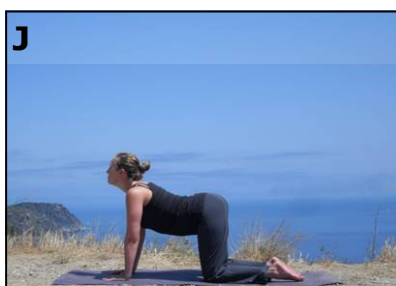
Warm Up Vinyasa.

Begin standing at the top end of your mat (**A**). When instructed inhale, then as you exhale bring your hands to a prayer position in front of your chest (**B**). Inhale and lift your arms up in front of your body, allow your hands to part and lift your head to look up (**C**). As you exhale fold forward into a Standing Forward Bend (**D**). Inhale and step your right leg back to a Long Lunge (**E**). Hold this posture whilst breathing slowly. Inhale, then as you exhale straighten your left leg and fold your body forward over the left leg, hold this posture whilst breathing slowly (**F**). When instructed, inhale and return to the Long Lunge (**E**). As you exhale step your left leg back and move into Downward Facing Dog (**G**). Hold this posture whilst breathing slowly. When instructed inhale and move into Cat (**H**). Exhale and look between your legs rounding your back up towards the ceiling (**I**).

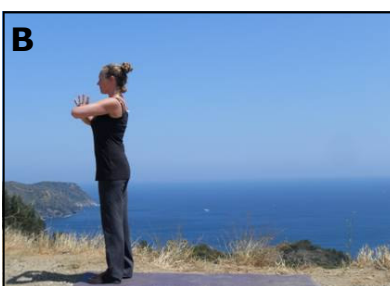
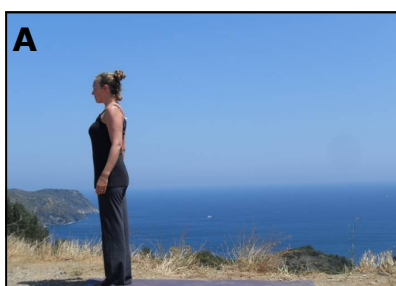


Warm Up Vinyasa cont.

Inhale and reverse the movement (**J**) . Exhale and look between your legs again rounding your back up towards the ceiling (**I**). Inhale and reverse the position again (**J**). Exhale and look between your legs again rounding your back up towards the ceiling. Continue the movement and move into Downward Facing Dog (**G**). Inhale and step your right foot forward to a position between your hands so you are in a Long Lunge (**K**). Exhale and step the left foot forward next to the right foot so you are in a Standing Forward Bend (**D**). Inhale and uncurl, lifting your arms up in front of your body until your hands are above your head and look to your hands (**L**). Exhale and lower your arms and head so you return to your starting position (**A**). Repeat the postures on the other side as instructed.

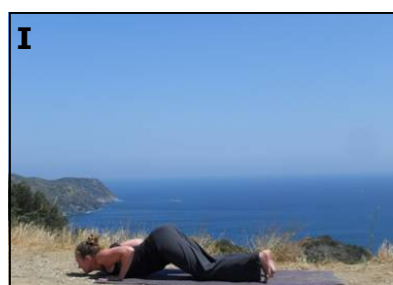
**Cardio Yoga Vinyasa 1.**

Begin standing at the top end of your mat (**A**). When instructed inhale, then as you exhale bring your hands to a prayer position in front of your chest (**B**). Inhale and lift your arms up in front of your body, allow your hands to part and lift your head to look up (**C**). As you exhale fold forward into a Standing Forward Bend (**D**). Inhale and step your right leg back to a Long Lunge (**E**). Exhale and straighten your left leg and fold your body forward over the left leg (**F**).

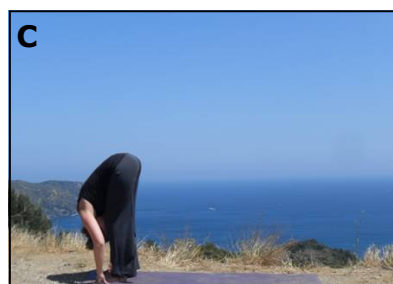
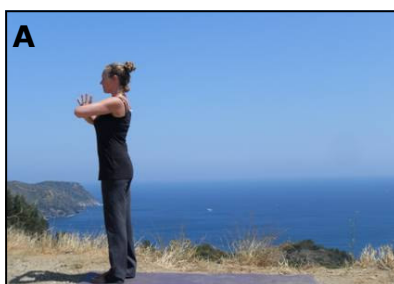


Cardio Yoga Vinyasa 1 cont.

Inhale and return to the Long Lunge (E). Exhale and step your left leg back and move into Downward Facing Dog (G). Inhale and move into Plank (H). Exhale and lower your knees and chest by bending your elbows (I). Inhale and lift your chest moving into Upward Facing Dog (J). Exhale and move into Downward Facing Dog (G). Inhale and step your right foot forward to a position between your hands so you are in a Long Lunge (K). Exhale and step the left foot forward next to the right foot so you are in a Standing Forward Bend (D). Inhale and uncurl, lifting your arms up in front of your body until your hands are above your head and look to your hands (L). Exhale and lower your arms and head so you return to your starting position (A). Repeat the postures on the other side and continue as instructed.

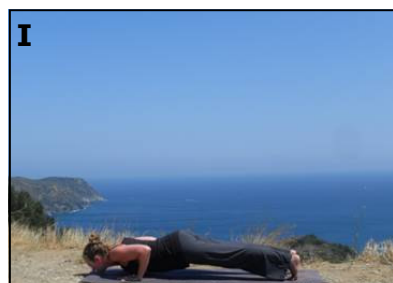
**Cardio Yoga Vinyasa 2.**

Begin standing at the top end of your mat (A). When instructed inhale and lift your arms straight up and out to the sides of your body until your hands form a prayer position above your head, look to your hands (B). Exhale, lower your arms and fold forward into a Standing Forward Bend with your hands on the floor (C).



Cardio Yoga Vinyasa 2 cont.

Inhale and look forward (**D**). Exhale and step your right leg back to a Long Lunge (**E**). Continue to breathe slowly as you release your right knee down to the floor and relax your right foot. Inhale and lift your arms straight up and out to the sides of your body until your hands form a prayer position above your head, look to your hands (**F**). Hold this posture whilst breathing slowly. Exhale, place your hands to the floor either side of your left foot, curl under the toes on the right foot and step back to Downward Facing Dog (**G**). Hold this posture whilst breathing slowly. Inhale and move into Plank (**H**). Exhale and lower your body by bending your elbows (**I**). Inhale and lift your chest moving into Upward Facing Dog (**J**). Exhale and move into Downward Facing Dog (**G**). Hold this posture whilst breathing slowly. When instructed inhale and step your right foot forward to a position between your hands so you are in a Long Lunge (**K**). Exhale, fold your body forward and lift your left leg so you are in a Standing Forward Bend with the left leg lifted (**L**). Hold this posture whilst breathing slowly.



Cardio Yoga Vinyasa 2 cont.

When instructed flex your left foot, rotate the left leg outwards from the pelvis and lift your left arm up towards the ceiling so you are in the Half Moon posture (**M**). Hold this posture whilst breathing slowly. When instructed inhale and lengthen the posture. Exhale and step the left foot down onto the floor keeping a long stance and move into the Warrior 2 posture (**N**). Hold this posture whilst breathing slowly. When instructed lower your left arm, turn your right arm over and inhale. As you exhale lean to the left moving into the Sun Warrior Posture (**O**). Hold this posture whilst breathing slowly. When instructed inhale and lengthen the posture. Exhale and return to Warrior 2 (**N**). Inhale and rotate your torso 90 degrees to the right, lift your arms up above your head creating a prayer position with your hands and look to your hands so you are in the Warrior 1 posture (**P**). Hold this posture whilst breathing slowly. When instructed slowly bring your hands to a prayer position in front of your chest, lean your torso forward and rotate further to the right so that you can place your left elbow to the outside of your right thigh. Look over your right shoulder as you hold the posture and breathe slowly (**Q**). When instructed slowly place your left hand to the floor on the outside of your right foot, extend your right arm up towards the ceiling then reach your right arm past your right ear and look to your right hand (**R**). Hold this posture whilst breathing slowly. When instructed slowly release the rotation and place your hands either side of your right foot so that you are back in the Long Lunge posture (**K**). Hold this posture whilst breathing slowly. When instructed exhale and step the left foot forward next to the right foot so you are in a Standing Forward Bend (**D**). Inhale and uncurl, lifting your arms up and out to the sides of your body until your hands form a prayer above your head and look to your hands (**B**). Exhale and push your palms together as you bring your hands down in front of your chest (**A**). Hold this posture whilst breathing slowly then repeat the postures on the other side and continue as instructed.



Cardio Yoga Vinyasa 3.

Inhale and lift your arms straight up and out to the sides of your body until your hands form a prayer position above your head, soften your knees and look to your hands (**A**). Exhale, straighten your legs and fold forward into a Standing Forward Bend (**B**). Inhale and look forward placing both your hands to the floor (**C**). Exhale, jump both feet back to Plank and then lower your body to the floor by bending your elbows (**D**). Inhale and lift your chest moving into Upward Facing Dog (**E**). Exhale and move into Downward Facing Dog (**F**). Inhale and lift your right leg up keeping your hips square (**G**). Exhale and move forward to Plank keeping the right leg lifted, bend your elbows then bend your right knee and bring the knee to your right arm just above the elbow (**H**). Inhale and move back to Downward Facing Dog with the leg lifted (**G**). Exhale and lower the right leg returning to Downward Facing Dog (**F**). Inhale and lift your left leg up keeping your hips square (**I**).



Cardio Yoga Vinyasa 3 cont.

Exhale and move forward to Plank keeping the left leg lifted, bend your elbows then bend your left knee and bring the knee to your left arm just above your elbow (**J**). Inhale and move back to Downward Facing Dog with the left leg lifted (**K**). Exhale and lower the left leg returning to Downward Facing Dog (**F**). Inhale, bend your knees and look to your hands (**L**). Exhale and jump both feet forward between your hands and fold into a Standing Forward Bend (**C**). Inhale and uncurl as you bend your knees and lift your arms up and out to the sides of your body to form a prayer above your head, look to your hands (**B**). Exhale and push your palms together, straighten your legs and bring your hands down in front of your chest (**A**). Repeat the postures on the other side and continue as instructed.



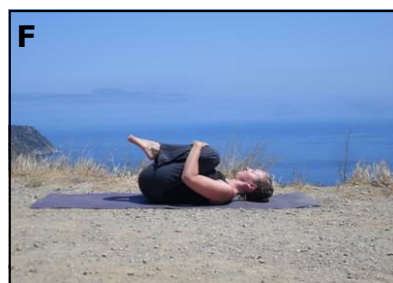
Supine Posture Sequence & Relaxation.

Begin laying in your back. Breathe slowly through your nose. When instructed slowly draw your knees in towards your chest and lightly hold either your knees or your shins (**A**). Hold this posture as you release your lower back, relax the muscles on your face and continue to breathe slowly through your nose. When instructed place your hands beside your hips with the palms facing down and slowly roll your knees in towards your forehead so that your lower back leaves the floor. Slowly straighten your legs and flex your feet so that you place the balls of your feet onto the floor above your head (**B**). Hold this posture as you continue to breathe slowly through your nose. When instructed slowly bend your knees and roll your back down onto the floor. Slowly draw your knees in towards your chest again and lightly hold either your knees or your shins (**A**). Hold this posture as you continue to breathe slowly. When instructed place your feet to the floor keeping your knees bent and place your hands beside your hips with the palms facing up. Exhale and lift your hips up off of the floor (**C**). Hold this posture as you work to relax your buttocks and breathe slowly through your nose.



Supine Posture Sequence & Relaxation cont.

When instructed lift your hips higher, then extend your right leg up towards the ceiling and point the toes (**D**). Hold this posture as you continue to breathe slowly through your nose. When instructed lower the right leg. Now extend your left leg up towards the ceiling and point the toes (**E**). Hold this posture again as you continue to breathe slowly through your nose. When instructed lower the left leg and slowly lower the hips back to the floor. Slowly draw your knees in towards your chest again and lightly hold either your knees or your shins (**F**). Hold this posture as you breathe slowly through your nose. When instructed exhale and come up to a seated position with your legs extended and your arms up above your shoulders (**G**). Inhale and grow then as you exhale fold forward into a Seated Forward Bend (**H**). Hold this posture as you continue to breathe slowly through your nose. When instructed slowly uncurl. Place your fingertips under your bottom with the palms of your hands facing down. Slowly bend your arms until your elbows and forearms are on the floor. Lift your chest up towards the ceiling and drop your head back so that the top of your head rests on the floor (**I**). Hold this posture as you continue to breathe slowly through your nose. When instructed slowly release the posture and return to laying flat on your back. Slowly draw your knees in towards your chest again and lightly hold either your knees or your shins (**F**). Hold this posture as you breathe slowly through your nose.



Supine Posture Sequence & Relaxation cont.

When instructed slowly place your feet back to the floor and lift your arms above your head until they are resting on the floor. Bring the soles of your feet together and allow your knees to fall out to the sides (**J**). Hold this posture as you continue to breathe slowly through your nose filling the whole of your lungs each time you inhale and releasing tension each time you exhale. When instructed slowly extend your legs and bring your hands alongside your body with the palms facing up. Relax and soften your body each time you exhale and continue as instructed.



.our other titles include.

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- .Prenatal Yoga & Postnatal Yoga.
- .Yoga for the Surf Volumes 1 & 2.
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- .Introduction to Core Yoga.
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