



yoga2hear
Beginners Yoga
Volume 2
Guide Book

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

Introduction.

Thank you for purchasing a Yoga2hear guided audio Yoga class. Before you start here are a few bits of information that you may find useful;

If you have no previous experience of Yoga it may take a couple of sessions before you settle into the idea of moving and breathing slowly and feel at ease with the class. 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.

Always use a non-slip Yoga mat and never force your postures, just relax into them. The more you practice the postures the more familiar you will become with them and the greater the benefits you gain from them.

Your class will have maximum effect if you are not disturbed during it. Why not turn off your phone when you prepare your area and then just lie back, close your eyes, trust the instructions and allow yoga2hear to guide you through your yoga practice.

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.

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Beginners Yoga Vol.2

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

Relaxation. Lay on your back with your hands beside the hips and the palms facing up. Broaden the upper back and release the shoulders towards the floor. Relax your pelvis and allow the legs to rotate outwards (A). Breathe slowly through the nose. When instructed inhale and reach your arms above your head stretching your whole body (B). As you exhale relax your whole body. Inhale and stretch from your fingers to your toes on your right side, exhale and relax. Inhale and stretch from your fingers to your toes on your left side, exhale and relax. Inhale and stretch your whole body and as you exhale relax the whole body into the floor.



Wind Release. Begin with your feet lifted drawing your knees in towards your chest (A). As you inhale allow your knees to drift away from your chest (B) and as you exhale draw the knees back in towards your chest (A). Continue linking these movements with your breath.



Hamstring Stretch and Lower Back Release. Begin laying on your back with your feet lifted, your knees bent and your hands beside your hips (A). As you inhale straighten your right leg and reach out through your right heel (B). As you exhale bend your right knee returning to your starting position (A). As you inhale again copy the movement with the left leg (C). As you exhale return the left leg to your starting position (A). Continue as instructed. Then draw both knees into the chest (D).



The Staff with a Forward Bend. Sit with your legs extended straight in front of you. Your shoulders are over your hips and your back is straight. Broaden your upper back and send your shoulders away from your ears. Lift your lower abdominal muscles, flex your feet so the toes are pointing up and reach out through your heels (A). As you inhale lift your arms above your head so that your hands are shoulder width apart and the palms facing each other (B). Continue to breathe slowly through the nose as you soften your shoulders away from your ears and reach your hands up. Inhale and grow then as you exhale relax your upper body forward (C). Continue to breathe slowly releasing tension with each exhalation.



The Staff with Right Ankle Over Left and a Spinal Twist. Sit with your legs extended out in front of you. Keeping both legs straight, lift your right leg over your left leg so the ankles are crossed. Inhale and lift your arms out to the sides until the hands are above the shoulders (A). Turn the palms of your hands to face each other and exhale as you soften your shoulders whilst extending your arms up. As you inhale reach up and then as you exhale fold your upper body forward. Your legs are still extended in front of you with the ankles crossed (B). Soften on each exhalation, dropping your chin down onto your chest. Slowly release your forward bend. Bend your right knee keeping your right leg crossed over your left leg. Bring your right knee as close to your body as you can whilst keeping the right foot on the floor. Hold the right leg with your left arm and place your right hand to the floor behind your back. Inhale and grow and as you exhale rotate to your right looking over your right shoulder (C).



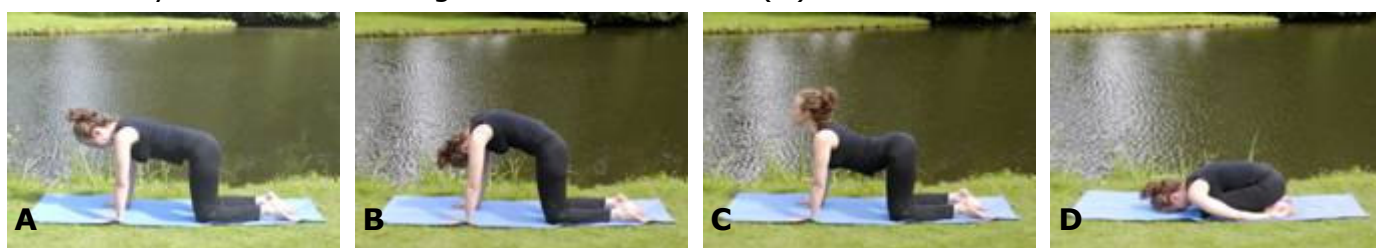
The Staff with Left Ankle Over Right and a Spinal Twist. Sit with your legs extended out in front of you. Keeping both legs straight, lift your left leg over your right leg so the ankles are crossed. Inhale and lift your arms out to the sides until the hands are above the shoulders (A). Turn the palms of your hands to face each other and exhale as you soften your shoulders whilst extending your arms up. As you inhale reach up and then as you exhale fold forward. Your legs are still extended in front of you with the ankles crossed (B). Soften on each exhalation, dropping your chin down onto your chest. Slowly release your forward bend. Bend your left knee keeping your left leg crossed over your right leg. Bring your left knee as close to your body as you can keeping the left foot on the floor. Hold the left leg with your right arm and place your left hand to the floor behind your back. Inhale and grow and as you exhale rotate to your left looking over your left shoulder (C).



The Staff with a Forward Bend. This posture is a repeat of the Staff with a Forward Bend instructed earlier in this class. You should find you can release deeper into the posture this time. Sit with your legs extended out in front of you. Feel that you are growing up out of the crown of your head and lifting your lower abdominal muscles (A). As you inhale lift your arms so that your hands are shoulder width apart above your head with the palms facing each other (B). Continue to breathe slowly through the nose as you soften your shoulders away from your ears, reach your hands up towards the ceiling and lift your lower abdominal muscles. Inhale and grow then as you exhale fold your upper body forward relaxing your forearms to the floor beside your legs. Drop your chin onto your chest, soften your shoulders and release the forehead towards the knees (C). Continue to breathe slowly releasing tension with each exhalation.



Cat and Child. Begin with your hands under your shoulders and your knees under your hips. Distribute your weight evenly through your hands, spread your fingers and have the middle finger of each hand pointing straight forward. Relax the tops of your feet towards the floor (A). Lift your lower abdominal muscles as you push the floor away with your hands. As you exhale round your back up towards the ceiling and drop your chin towards your chest (B). As you inhale reverse the position by dropping the stomach down towards the floor and lifting the lower back, chest and head (C). As you exhale round your back up towards the ceiling and drop your chin towards your chest (B). As you inhale reverse the position again by dropping the stomach down towards the floor and lifting the lower back, chest and head (C). Continue linking breath and movement. When instructed allow your hips to move back towards your heels and release the upper body towards the floor. Either make two fists with your hands and place one on top of the other under your forehead or take the arms alongside the body and direct the fingers towards the feet (D).



Downward Dog With Heel Release. Begin in Cat (A). Curl your toes under and lift your knees from the floor. Drop your chin onto your chest and push back as you straighten your legs into your Downward Dog posture (B). Push the floor away with your hands and direct your armpits towards the floor. Lift your lower abdominal muscles so your back remains straight. When instructed inhale and rise onto the balls of your feet (C). As you exhale direct the right heel down towards the floor and bend the left knee (D). Inhale and rise onto the balls of your feet again (C). As you exhale direct the left heel down towards the floor and bend the right knee (E). Continue directing alternate heels towards the floor linking your movement with your breath. When instructed move back through your Cat position (A) into pose of the Child (F). Breathe slowly releasing tension with each exhalation.



Straight Leg Forward Bend. Bring yourself to a kneeling position with the toes curled under the feet and the hands placed on the floor in front of the knees (A). Rock back onto the balls of the feet and lift your knees up from the floor (B). Slowly straighten your legs dropping your chin onto your chest and allow your upper body to hang (C). If you feel pulling in the backs of your legs soften your knees. Breathe as slowly as you can through your nose releasing tension with every exhalation. When instructed slowly uncurl and come to a standing position.



Dancer on the Left Leg. Begin standing up straight. Broaden the upper back, release your shoulders away from your ears and lift your lower abdominal muscles (A). Breathe slowly through your nose. Slowly rise onto the balls of your feet and then place the heels back to the floor. Repeat this movement until instructed to rise onto the balls of the feet and lift your arms up until you can interlink your fingers. Now turn the palms of your hands to face the ceiling (B). When instructed place your heels back to the floor and lower your arms. Rock back onto your heels, lift your toes, spread your toes and then plant them back to the floor. Transfer your weight onto your left leg and bend your right knee drawing your heel towards your bottom. Hold the right ankle with the right hand. Join your knees and lift your left arm up (C). Hold this balance breathing slowly as you lift your lower abdominal muscles and soften your shoulders. When instructed lower your left arm and release your right leg placing the foot back to the floor so that the outside edges of the feet are parallel.



Dancer on the Right Leg. Begin standing up straight. Broaden the upper back, release your shoulders away from your ears and lift your lower abdominal muscles (A). Slowly rise onto the balls of your feet and lift your arms out to the side until you can interlink your fingers. Now turn the palms of your hands to face the ceiling (B). Breathe slowly through the nose, lift the lower abdominal muscles and soften your shoulders away from your ears. When instructed place your heels back to the floor and lower your arms. Rock back onto your heels, lift your toes, spread your toes and then plant them back to the floor. Transfer your weight onto your right leg and bend your left knee drawing your heel towards your bottom. Hold your left knee with your left hand. Join your knees and lift your right arm up (C). Hold this balance breathing slowly as you lift your lower abdominal muscles and soften your shoulders. When instructed lower your right arm and release your left leg placing the foot back to the floor so that the outside edges of the feet are parallel.



Warrior 2 and Triangle on the Right Side. Stand with your feet leg length apart. Have your left foot facing 12 o'clock and your right foot facing 2 or 3 o'clock. Your hips and torso are facing forward and your arms are level with your shoulders (A). Bend your right knee and turn your head to look along your right arm (B). When instructed straighten your right leg keeping your arms up level with your shoulders. Turn your head to face your front and as you inhale shift your ribcage to the right (C). As you exhale drop your right arm down towards your right leg and lift your left arm straight up towards the ceiling (D). Look to your left hand or your right foot as you continue to breathe slowly through your nose. When instructed release this posture and return to Warrior 2 (B). Then when instructed straighten your right leg, lower your arms, turn your head back to a central position and turn both feet to face 12 o'clock.



Warrior 2 and Triangle on the Left Side. Stand with your feet leg length apart. Have your right foot facing 12 o'clock and your left foot facing 9 or 10 o'clock. Your hips and torso are facing forward and your arms are level with your shoulders (A). Bend your left knee and turn your head to look along your left arm (B). When instructed straighten your left leg keeping your arms up level with your shoulders. Turn your head to face your front and as you inhale shift your ribcage to the left (C). As you exhale drop your left arm down towards your left leg and lift your right arm straight up towards the ceiling (D). Look to your right hand or your left foot as you continue to breathe slowly through your nose. When instructed release this posture and return to Warrior 2 (B). Then when instructed straighten your left leg, lower your arms, turn your head back to a central position and turn both feet to face 12 o'clock.



Wide Leg Forward Bend. Begin with your legs wide apart. The outside edges of your feet are parallel. Soften your knees, drop your chin onto your chest and relax your upper body forward (A). Breathe slowly through the nose relaxing on each exhalation. When instructed slowly uncurl and take yourself to a standing position then slowly lay down on your back.



Lower Back Release. Begin laying on your back with your knees bent and the soles of the feet on the floor. The outside edges of your feet are parallel, your hands are beside your hips and the palms of your hands are facing up (A). Draw your knees into your chest holding on to the knees or the shins (B). Breathe slowly as you lengthen through your lower back, soften your shoulders and relax all of the muscles in your face. When instructed lift your head taking your nose to your knees (C). Hold this position for a few breaths then return your head and your feet back to the floor and extend your legs so you are laying flat on your back.



Relaxation. Lay on your back with your hands beside the hips and the palms facing up. Feel that your body is in a straight line, broaden the upper back and release the shoulders towards the floor. Lengthen your lower back away from the crown of your head and allow your legs to rotate outwards (A). Breathe slowly through the nose sinking down into the floor with each exhalation. If this position is not comfortable bend your knees placing the soles of your feet on the floor with your knees pointing upwards (B). When instructed inhale and reach your arms up above your head extending your whole body and as you exhale relax the whole body down into the floor (C). Yawn so that you stretch the muscles in your face and throat. Then slowly draw your knees into your chest, holding both knees or shins gently squeeze your legs in towards your chest (D). When instructed slowly bring yourself to a comfortable sitting position.



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