



yoga2hear
Improvers Yoga
Volume 3
Guide Book

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

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;

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 range of classes and eco-friendly yoga products please visit us at yoga2hear.co.uk.

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

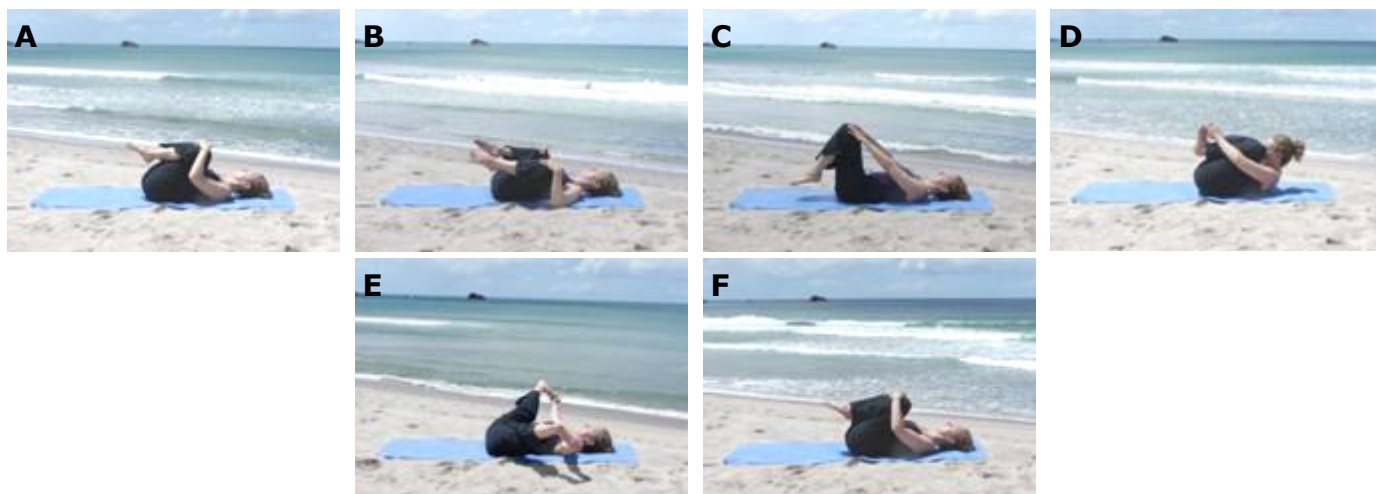
Relaxation. Lay on your back with your hands beside the hips and the palms facing up (A). As you breathe slowly through the nose be aware of your breath entering and leaving your body. Release tension from your body each time you exhale. When instructed inhale and reach your arms above your head and extend your legs to stretch your whole body (B). As you exhale relax your whole body down into the floor. Continue to relax as you breathe slowly through the nose. When instructed inhale and stretch your whole body again as you flex your feet (C). As you exhale relax your whole body down into the floor. Repeat as instructed becoming aware of the connection between your breath and movement. When instructed draw your knees in toward your chest, hold onto your knees or shins and continue to breathe slowly as you soften your shoulders, relax the muscles on your face and release your lower back (D).



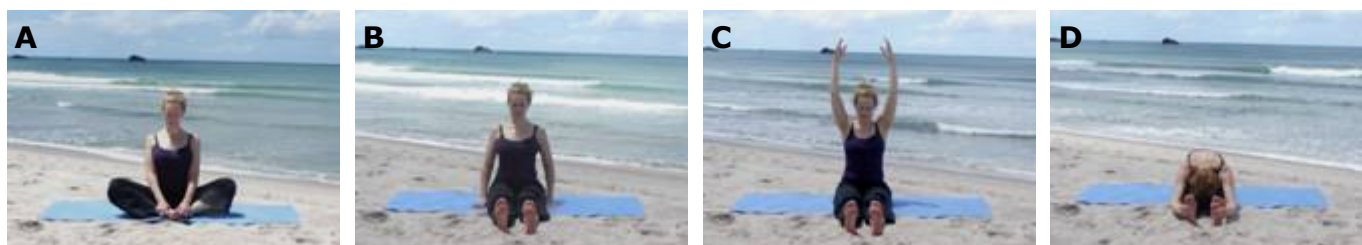
Wind Release & Hamstring Stretch. When instructed inhale and allow your knees to drift away from your chest (A). As you exhale draw the knees back in towards your chest (B). Continue as instructed linking these movements with your breath. When instructed exhale and lift your head taking your nose to join your knees. Hold this posture as you continue to breathe slowly (C). Flex your feet and wrap your first two fingers on each hand around your big toes then place your thumbs to the top of each toe (D). Inhale and then as you exhale slowly extend your legs as you keep hold of your toes and relax your shoulders (E). Continue to breathe slowly as you release tension from the backs of your legs and shoulders. When instructed draw your knees in towards your chest again. Soften your shoulders and lengthen the lower back as you continue to breathe slowly (B).



Pelvic Mobility & Inner Thigh Stretch. When instructed draw circles with your knees in opposite directions. Begin by drawing your knees in towards your chest (A). Keep your hands on your knees as you allow the knees to part (B). Now move your knees slowly away from your chest. Join the knees again (C). Now slowly draw your knees in towards your chest again (A). Continue to breathe slowly and repeat these movements as instructed. When instructed lift your head taking your nose to join your knees. Flex your feet and wrap your first two fingers on each hand around your big toes then place your thumbs to the top of each toe (D). Inhale and then as you exhale take your legs out to each side of your body and lower your head back to the floor (E). Continue to flex your feet and release your shoulders to the floor as you take your time to breathe slowly. Release tension from the body with each exhalation. When instructed release your toes and draw your knees into your chest (F). Continue to breathe slowly through your nose as you soften your shoulders and lengthen your lower back.



The Cobbler, Staff & Forward Bend. Sit with the soles of your feet together as you hold the insides of your feet lightly (A). Lift your lower abdominal muscles, broaden your upper back and soften your shoulders as you sit up and grow out of the crown of your head. Hold this posture as you breathe slowly in and out through your nose. When instructed release your feet and slowly extend your legs straight out in front of your body (B). Lift your lower abdominal muscles as you continue to grow out of the crown of your head. As you inhale lift your arms out to the sides until your hands are above your shoulders., As you exhale soften your shoulders and turn the palms to face each other (C). Hold this posture as you breathe slowly through your nose. When instructed inhale and grow, as you exhale fold forward into a forward bend (D). Drop your chin on to your chest and release your forearms down to the floor. Continue to breathe slowly as you soften and release tension with each exhalation.



Inner Thigh Stretch & Forward Bend. Bend your knees and place the soles of your feet to the floor, your knees are pointing straight up. Step your feet out until they are wider than hip distance apart. Hold onto your ankles and lightly push your knees back with your elbows as you drop your chin down onto your chest and soften your shoulders (A). Hold this posture as you continue to breathe slowly through your nose. When instructed flex your feet and sit up straight (B). Grow up out of the crown of your head, broaden your upper back and soften your shoulders away from your ears. Continue to breathe slowly through your nose. When instructed release your ankles. As you inhale lift your arms out to the side until your hands form a prayer position above your head (C). As you exhale push your palms together and bend your elbows bringing the heels of your hands to the top of your head (D). As you inhale straighten your arms whilst maintaining the prayer position with your hands (C). Continue these movements as instructed. Slowly extend your legs out to the sides as you reach out through your heels. Place your hands to the floor in front of your body (E). When instructed inhale and grow, as you exhale release your upper body forward, walk your hands forward and drop your chin onto your chest (F). Continue to breathe slowly as you reach out through your heels and soften and release tension from your body with each exhalation .



Cat, Downward Dog & Child. Begin in Cat. Your hands under your shoulders and your knees under your hips. Your middle fingers are facing straight forward and your elbows are on the outsides of your arms (A). When instructed inhale as you lift your head and chest. As you exhale and round your back up towards the ceiling, curl your toes under and unfold your legs to move into Downward Dog (B).



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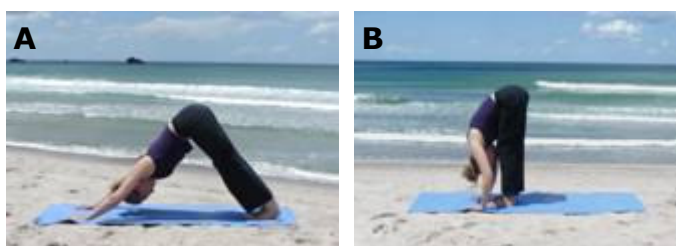
As you inhale return to the Cat position (A). Continue moving between the postures as instructed, linking breath and movement. When instructed place your knees back to the floor, relax the tops of the feet and take your bottom back towards your heels. Release your forehead down to the floor and extend your arms straight ahead of your body (C). Rest in this posture as you continue to breathe slowly. When instructed take your arms alongside your body and continue to rest as you soften your shoulders and release your hips and lower back (D).



Downward Dog & Plank with Leg Extension & Child. Begin in Cat. When instructed move into Downward Dog. Whilst in the Downward Dog step your feet back then when instructed inhale and lift your right leg up. Your toes are facing down and your hips are square to the floor (A). As you exhale float forward into Plank keeping your right leg lifted (B). Inhale and return to Downward Dog still keeping the right leg lifted. Exhale and lower the right leg returning to Downward Dog. Continue as instructed moving between Downward Dog and Plank whilst lifting alternate legs. When instructed place your knees back to the floor, relax your feet and take your bottom back onto your heels. Release your forehead down to the floor and take your arms alongside your body (C). Rest as you soften your shoulders and release tension with each exhalation.



Downward Dog & Standing Forward Bend. From pose of the Child move as instructed through Cat and into Downward Dog (A). Push the floor away with your hands, drop your chin onto your chest and lift your lower stomach muscles. When instructed step your right foot forward and then your left foot forward until you are in a standing forward bend (B).

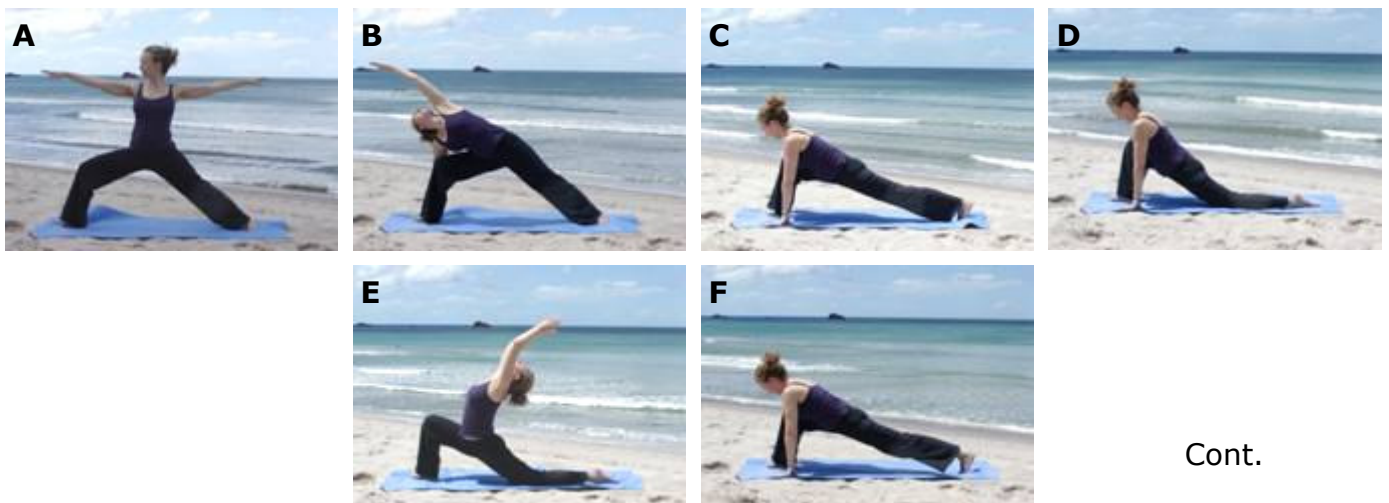


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Hold this posture as you continue to breathe slowly. When instructed interlink your hands behind your lower back and lift your hands away from your body (C). When instructed release your hands and wrap your arms behind your legs holding opposite elbows (D). Release your arms, soften your knees and slowly uncurl up into a standing position.

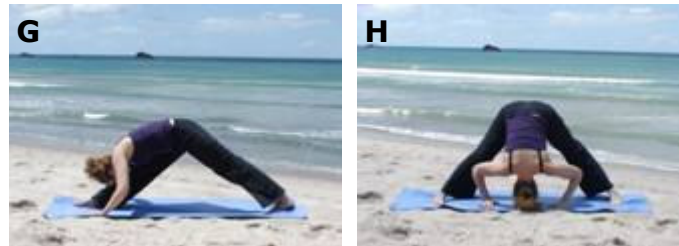


Standing Posture Series (Right Side). Stand with your feet leg length apart. Position your left foot to face 12 o'clock and your right foot to face between 2 & 3 o'clock. Your hips and torso are facing forward to 12 o'clock. When instructed lift your arms out to the sides until they are level with your shoulders. Slowly bend your right knee and then turn your head to look along our right arm (A). Hold the Warrior 2 posture as you continue to breathe slowly and lift your lower stomach muscles. Place your right hand to the floor outside your right foot and reach your left hand up past your left ear (B). Look to your left hand and hold the Extended Triangle posture as you continue breathe slowly. When instructed turn your torso so that you can place your left hand to the floor inside right foot. Rise onto the ball of your left foot and pivot the heel around so the foot follows the line of your left leg (C). Hold the Long Lunge as you continue to breathe slowly and sink your hips down to the floor. When instructed release your left knee down to the floor and relax your left foot (D). Place your hands on to your right thigh and bring your shoulders up over your hips. Inhale and lift your arms out to the sides until you form a prayer position above your head (E). Hold the Equestrian Pose as you lift your lower stomach muscles. Continue to breathe slowly through your nose. When instructed release your hands and place them to the floor either side of your right foot. Curl under the toes on your left foot and lift your left knee from the floor moving back into a Long Lunge (F).



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Inhale and then as you exhale slowly straighten your right leg and fold your body over the right leg moving into a Hamstring Stretch (G). Slowly move your torso around to the front and turn your feet so that they both point to 12 o'clock. Release your upper body forward into a Wide Leg Forward Bend (H). Drop your chin onto your chest and allow your body to hang.

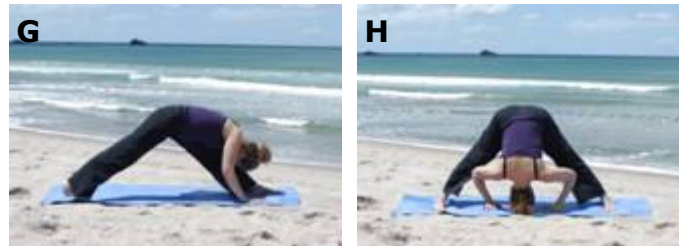


Standing Posture Series (Left Side). Stand with your feet leg length apart. Position your right foot to face 12 o'clock and your left foot to face between 9 & 10 o'clock. Your hips and torso are facing forward to 12 o'clock. When instructed lift your arms out to the sides until they are level with your shoulders. Slowly bend your left knee and then turn your head to look along your left arm (A). Hold the Warrior 2 posture as you continue to breathe slowly and lift your lower stomach muscles. Place your left hand to the floor outside your left foot and reach your right hand up past your right ear (B). Look to your right hand and hold the Extended Triangle posture as you continue breathe slowly. When instructed turn your torso so that you can place your right hand to the floor inside left foot. Rise onto the ball of your right foot and pivot the heel around so the foot follows the line of your right leg (C). Hold this Long Lunge as you continue to breathe slowly and sink your hips down to the floor. When instructed release your right knee down to the floor and relax your right foot (D). Place your hands on to your left thigh and bring your shoulders up over your hips. Inhale and lift your arms out to the sides until you form a prayer position above your head (E). Hold the Equestrian Pose as you lift your lower stomach muscles. Continue to breathe slowly through your nose. When instructed release your hands and place them to the floor either side of your left foot. Curl under the toes on your right foot and lift your right knee from the floor moving back into a Long Lunge (F).

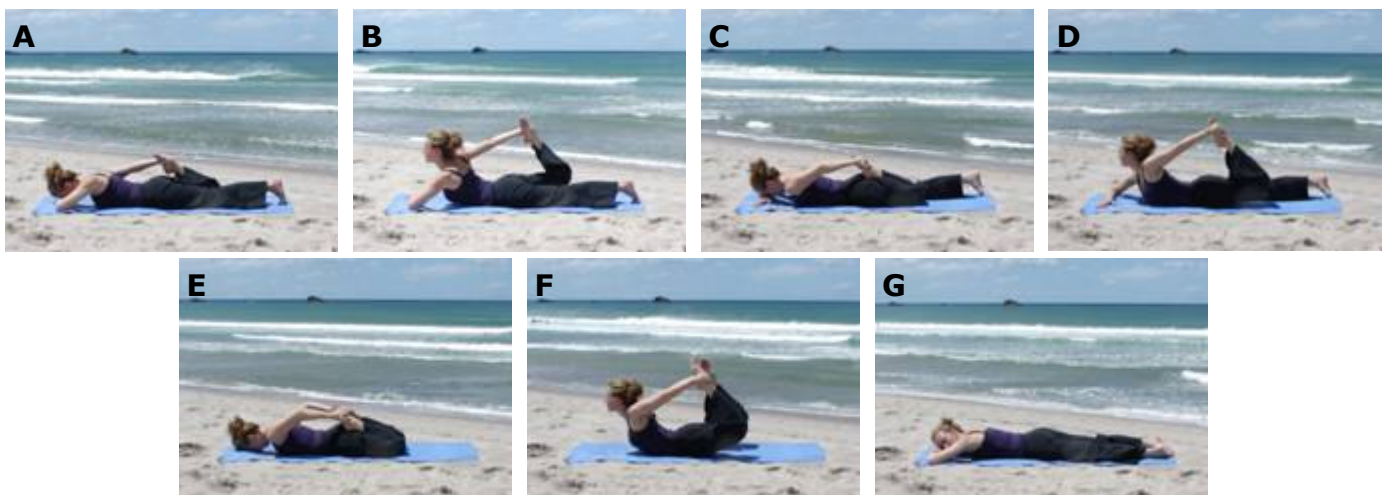


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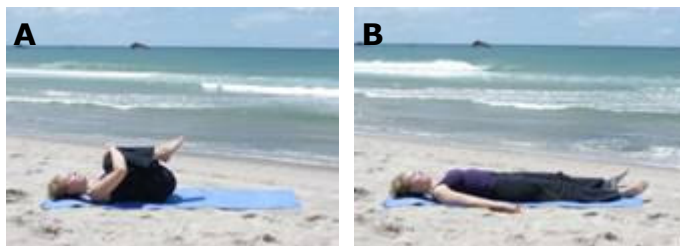
Inhale and then as you exhale slowly straighten your left leg and fold your body over the left leg moving into a Hamstring Stretch (G). Slowly move your torso around to the front and turn your feet so that they both point to 12o'clock. Release your upper body forward into a Wide Leg Forward Bend (H). Drop your chin onto your chest and allow your body to hang.



The Bow. Begin laying on your stomach. Place your left forearm under your forehead. Plant the ball of your left foot into the floor and reach out through your left heel. Bend your right knee, hold onto your right ankle with your right hand and draw your heel in towards your bottom (A). Join your knees and as you inhale lift your chest and your right knee as you push down into the floor with your left forearm (B). As you exhale lower your chest and your knee. Repeat these movements as instructed. Place your right forearm under your forehead. Plant the ball of your right foot into the floor and reach out through your right heel. Bend your left knee, hold onto your left ankle with your left hand and draw your heel in towards your bottom (C). Join your knees and as you inhale lift your chest and your left knee as you push down into the floor with your right forearm (D). As you exhale lower your chest and your knee. Repeat these movements as instructed. When instructed create a pillow with both forearms, place your head onto your forearms, join your big toes and relax in this position breathing slowly. Slowly bend both knees, hold onto both ankles with your hands and draw your heels in towards your bottom (E). Keep your forehead on the floor. As you inhale lift your chest and your knees (F). As you exhale lower your chest and your knees. Repeat these movements as instructed. When instructed create a pillow with both forearms, place your head onto your forearms, join your big toes and relax in this position breathing slowly (G).



Lower Back Release & Relaxation. Lay on your back and draw your knees in to your chest (A). Breathe slowly as you soften your shoulders away from your ears and lengthen your lower back away from the crown of your head. When instructed place your hands and feet to the floor. Your hands are beside your hips with the palms facing up and the outside edges of your feet are parallel. Extend your legs so you are laying flat on your back (B). Work to soften and release tension from the body with every exhalation. When instructed come to a comfortable seated position.



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