



yoga2hear  
Improvers Yoga  
Volume 1  
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 eco-friendly yoga products please visit us at [yoga2hear.co.uk](http://yoga2hear.co.uk).

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# Improvers Yoga Vol.1

P.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 the pelvis and allow the legs to rotate outwards (A). Relax your feet and your facial muscles. Breathe slowly through the nose.



**Hip Mobility.** Lay on your back with your knees bent and the soles of the feet on the floor. Your hands are beside your hips (A). As you inhale allow your knees to fall out to the sides and lift your arms straight up above your head to make contact with the floor (B). As you exhale return your knees and arms to the start position (A). Continue as instructed linking breath and movement.



**Wind Release.** Lay on your back and draw the knees in towards the chest (A). As you inhale move the knees away from the chest (B). As you exhale draw the knees back in towards the chest (A). Continue as instructed linking breath and movement.



**The Cobbler.** Sit with a straight back and the soles of your feet together. Hold your feet lightly (A). As you inhale allow your knees to lift (B). As you exhale release the knees down (A).



**Seated Spinal Twists.** Sit with a straight back and the soles of your feet together. Place your left hand to the outside of the right foot and the right hand to the floor behind you (A). As you exhale rotate looking over your right shoulder. Return to a central position and place your right hand to the outside of the left foot and the left hand to the floor behind you (B). As you exhale rotate looking over your left shoulder.



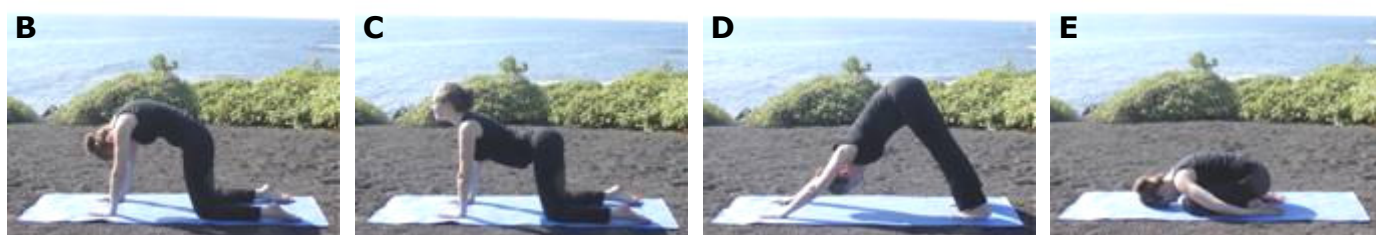
**Seated Arm Stretch and Straight Leg Forward Bend.** Sit with a straight back and the soles of your feet together. As you inhale lift your arms out to the sides until your hands form a prayer position above your head (A). As you exhale push the hands together and soften the elbows so the heel of the hand comes to the crown of the head (B). Inhale and extend the arms up (A). Continue moving between positions (A and B) linking breath and movement. When instructed take the hands shoulder width apart and soften the shoulders away from the ears. Slowly straighten your legs and flex your feet (C). Soften the backs of your legs towards the floor. Inhale and stretch the arms up. As you exhale fold your upper body forward relaxing into a forward bend (D). Continue to relax your upper body and release your arms towards the floor. Keep your feet flexed and soften the backs of your legs towards the floor. Breathe slowly through the nose. Use each exhalation to gently increase your forward bend.



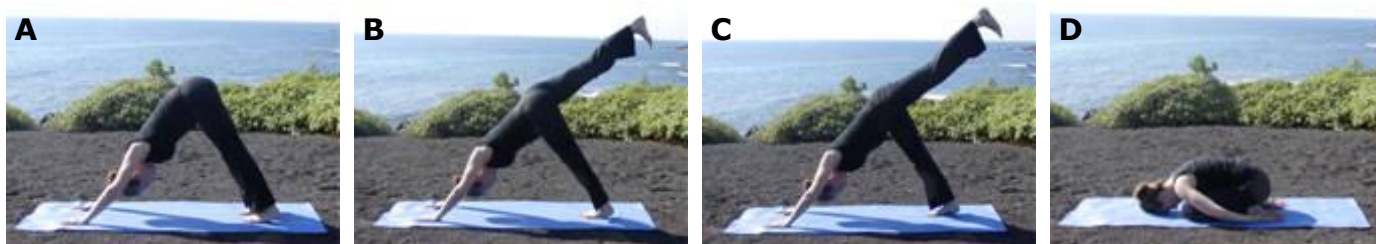
**Cat, Downward Dog and Child.** Begin with your hands under your shoulders and your knees under your hips. Spread your fingers with your middle finger facing straight forward. Relax the tops of your feet towards the floor (A).  
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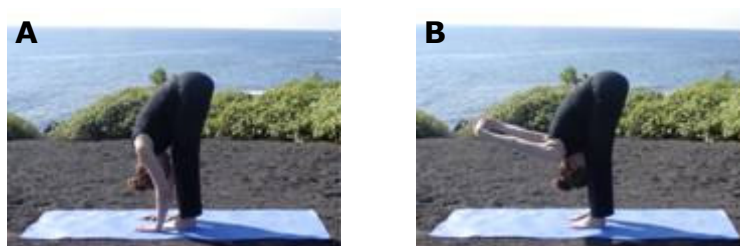
As you exhale drop your chin towards your chest, round your back up towards the ceiling and look between your legs (B). As you inhale reverse the position by dropping the stomach down and lifting the lower back, chest and head up (C). As you exhale round your back up towards the ceiling and drop your chin towards your chest again (B). Continue, linking breath and movement. As you exhale and round your back up towards the ceiling curl your toes under and unfold your legs to create a triangular shape with your body (D). As you inhale return to the Cat position (A). Continue, 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. Take the arms alongside the body and direct the fingers towards the feet (E).



**Downward Dog with Leg Lift and Child.** Begin in your Cat position. When instructed move into Downward Dog (A). As you inhale lift the right leg from the floor so that the toes face down and the hips are square to the floor (B). As you exhale return the right leg to the start position (A). As you inhale lift the left leg from the floor so that the toes face down and the hips remain square to the floor (C). As you exhale return the left leg to the start position (A). Place your knees back to the floor moving back through your Cat position to pose of the Child (D). When instructed slowly bring yourself to a standing position.



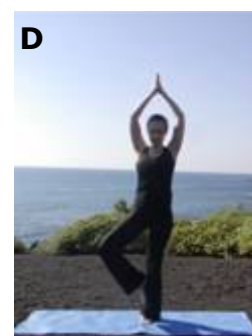
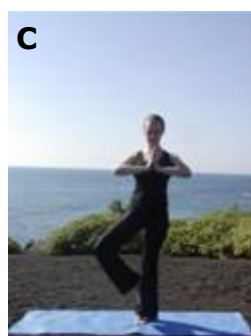
**Standing Forward Bend.** Stand with the outside edges of the feet parallel. When instructed slowly relax the upper body forward, drop your chin onto your chest and allow your arms to hang. Breathe slowly through the nose (A). Interlink your hands behind your lower back and move the hands away from the body towards the floor (B). Continue to breathe slowly through the nose.



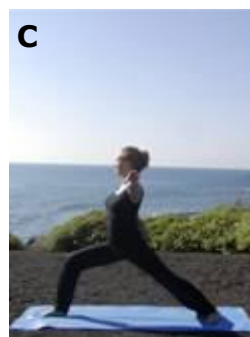
**Dancer and Tree on the Right Side.** From your standing position slowly rise onto the balls of your feet, then slowly lower your heels back to the floor. Continue this movement breathing slowly through your nose. Holding the position on the balls of your feet, lift your arms out to the sides to a position above your head and interlink your fingers turning the palms of your hands towards the ceiling (A). Lower your arms and your heels. Transfer your weight onto your right leg and pick up your left foot. Hold your left ankle with your left hand and draw your heel in towards your bottom. Join the knees and extend your right arm up towards the ceiling (B). Release the hold on your left ankle and place the sole of the left foot either to the right inner thigh or the inside of the right calf with the toes facing towards the floor. Bring your hands to a prayer position in front of your chest (C). Maintaining your position lift your arms up to form a prayer position above your head (D). When instructed slowly lower your arms and place the left foot back to the floor.



**Dancer and Tree on the Left Side.** From your standing position slowly rise onto the balls of your feet, then slowly lower your heels back to the floor. Continue this movement breathing slowly through your nose. Holding the position on the balls of your feet, lift your arms out to the sides to a position above your head and interlink your fingers turning the palms of your hands towards the ceiling (A). When instructed lower your arms and your heels. Transfer your weight onto your left leg and pick up your right foot. Hold the right ankle with your right hand and draw the heel in towards your bottom. Join the knees and extend your left arm up towards the ceiling (B). Release the hold on your right ankle and place the sole of the right foot either to the left inner thigh or the inside of the left calf with the toes facing towards the floor. Bring your hands to a prayer position in front of your chest (C). Maintaining your position lift your arms up to form a prayer position above your head (D). When instructed slowly lower your arms and place the right foot back to the floor.



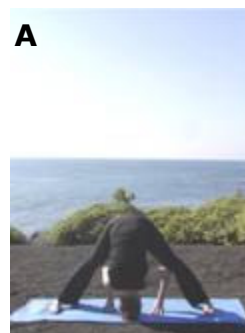
**Warrior 2 and Warrior 1 on the Right Side.** Stand with your feet leg length apart. Have your left foot facing 12 o'clock and your right foot facing 2 or 3 o'clock. Your hips and torso are facing forward. As you inhale lift your arms so that your hands are level with your shoulders (A). Exhale and soften the shoulders away from the ears whilst keeping your hands level with your shoulders. Continue to breathe slowly through the nose. Bend your right knee so the knee follows the line of the right foot and turn your head to look along your right arm (B). This posture is Warrior 2. Hold the position, breathing slowly through the nose. Turn your torso to the right keeping your arms level with your shoulders (C). Lift your arms up to a prayer position above the head and look towards the hands (D). This is Warrior 1. Keeping the right leg bent continue to lengthen the left leg. Breathe slowly through the nose. Return to Warrior 2 (B) then release the posture.



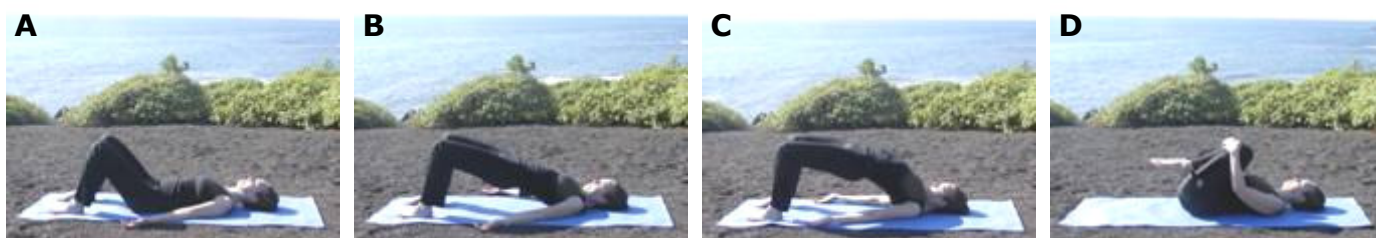
**Warrior 2 and Warrior 1 on the Left Side.** Stand with your feet leg length apart. Have your right foot facing 12 o'clock and your left foot facing 9 or 10 o'clock. Your hips and torso are facing forward. As you inhale lift your arms so that your hands are level with your shoulders (A). Exhale and soften the shoulders away from the ears whilst keeping your hands level with your shoulders. Continue to breathe slowly through the nose. Bend your left knee so the knee follows the line of the left foot and turn your head to look along your left arm (B). This posture is Warrior 2. Hold the position, breathing slowly through the nose. Turn your torso to the left keeping your arms level with your shoulders (C). Lift your arms up to a prayer position above the head and look towards the hands (D). This is Warrior 1. Keeping the left knee bent continue to lengthen the right leg. Breathe slowly through the nose. Return to Warrior 2 (B) then release the posture.



**Wide Leg Forward Bend.** Stand with your legs wide apart and turn both feet to face 12 o'clock. Release your upper body forward (A). Breathe slowly through the nose relaxing on each exhalation. When instructed return to your standing position.



**Half Bridge.** Lay on your back with the knees bent and the soles of the feet on the floor. Your hands are beside your hips with the palms facing up (A). Inhale, then as you exhale lift your hips up off the floor so you form a diagonal line between your knees and your shoulders (B). Hold this posture and continue to breathe slowly through the nose. Relax the buttock muscles and if possible push down into the feet to lift the hips up a little higher (C). When instructed broaden your upper back and roll the back down onto the floor. Draw your knees into your chest holding the knees or shins and relax the lower back as you breathe slowly through your nose (D).



**Spinal Twist.** Lay on your back with your knees bent and the soles of the feet on the floor. Your arms are level with the shoulders and the palms are facing up (A). Breathe in then 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 allow your knees to fall to the left this time and at the same time turn your head to the right (C). As you inhale return your knees and your head to the central starting position (A). Continue linking your breath with your movement.





**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 the pelvis and allow the legs to rotate outwards (A). Relax your feet and your facial muscles as you breathe slowly through the nose using each exhalation to release tension.



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