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Guided Audio Yoga



Detox Yoga

Guide Booklet

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



Detox Yoga

Medical Warning.

Check with your doctor before starting this or any other exercise program in particular if you suffer from any heart problems or you think you may be pregnant. By loading and participating in the exercise programs for this download you are acknowledging that you have (a) satisfied yourself that you are fit and able to undertake the exercises and; (b) that you have sought prior medical advice from your doctor as to the suitability of these exercises and; (c) that you will hold Yoga 2 Hear harmless from any damages or claims that you may suffer as a result and; (d) that you have read and understood the terms and conditions contained in this Document and the Disclaimer wording below.

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Detox Yoga

Introduction.

Thank you for purchasing the Yoga 2 Hear Detox Yoga class download.

Detox yoga will help to remove toxins from your body by stimulating your lymphatic system, massaging your internal organs, increasing your circulation, raising the levels of oxygen in your blood and making the elimination process more efficient.

The class can be used wherever and whenever you choose to help the process of removing toxins from your body to give yourself a healthier body and a clearer mind.

The class can be used on its own or with any detox plan. Detox yoga will increase and enhance the effects of your chosen plan.

This 60 minute class features 22 carefully selected yoga postures and yoga breathing techniques that will help to cleanse your body.

The postures used in the class focus on twists, stretches and bends that will massage and tone internal organs such as your lungs, liver, stomach and kidneys.

The breathing techniques help to cleanse the lungs and increase their capacity. This helps them to work more efficiently.

For your reference this guide booklet contains photos and descriptions of the postures used in the class. The photos can be used to help you form a mental image of the postures should you need to do so.



Detox Yoga

Before you start.

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

Always use a non-slip Yoga mat and never force your postures just relax into them. If you feel pain or discomfort 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.

For best results we recommend that you use this class with a relatively empty stomach. Before your breakfast or at least 2 hours after a light meal is ideal.

Here are some tips to help you detox.

Drink lots of water. Warm water is particularly effective.

Avoid food and drinks that stimulate your body and mind. Have lots of rest and relax as much as possible.

Increase your intake of raw fruit and vegetables. Why not replace one of your regular meals with a fresh vegetable or fruit juice.

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.

Class Guide

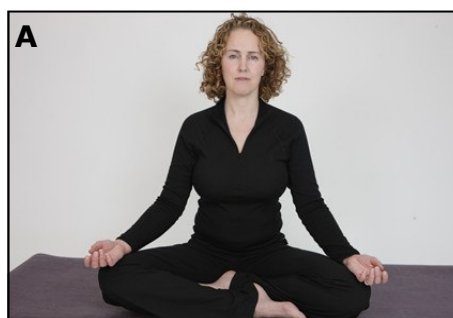
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Track 1. Introduction

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

The Easy Pose & Cleansing Breath. Sit with your right leg crossed in front of your left leg. Lift your stomach muscles and grow up out of the crown of your head as you broaden your upper back and send your shoulders away from your ears. Place the backs of your hands onto your knees. Breathe slowly in and out through your nose and continue as instructed (A).



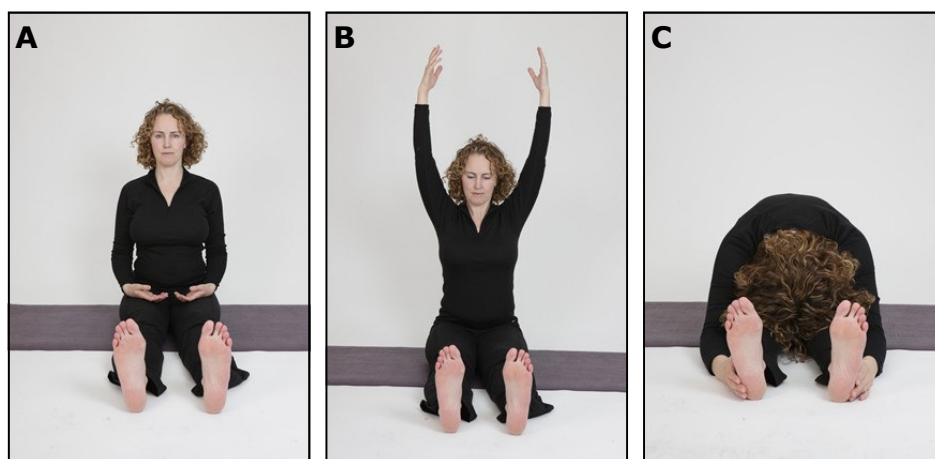
Breath for Life. Now sit with your left leg crossed in front of your right leg and place the backs of your hands onto your knees again. Form fists with both hands and draw your hands back to a position beside your ribs (A). When instructed inhale, as you do so reach your right arm forward and rotate the arm so that your palm faces down towards the floor then open your hand and reach forward (B). As you exhale draw your right arm in forming a fist and rotating the hand up so that you return to your starting position (A). As you inhale repeat the movements with your left arm (C). As you exhale return to your starting position (A). Continue with alternate arms as instructed.



Breath for Life cont. When instructed place your hands beside your hips. As you inhale lift both arms straight up and out until they are level with your shoulders (D). When instructed inhale, as you do so lift your right arm up and drop your left arm down until your fingers are approx 10cm or 4 inches from the floor (E). As you exhale lift your left arm and drop your right arm down until your fingers are approx 10cm or 4 inches from the floor (F). Inhale and lift your right arm up again as you drop your left arm down until your fingers are approx 10cm or 4 inches from the floor (E). Continue as instructed linking your breath to your movement.



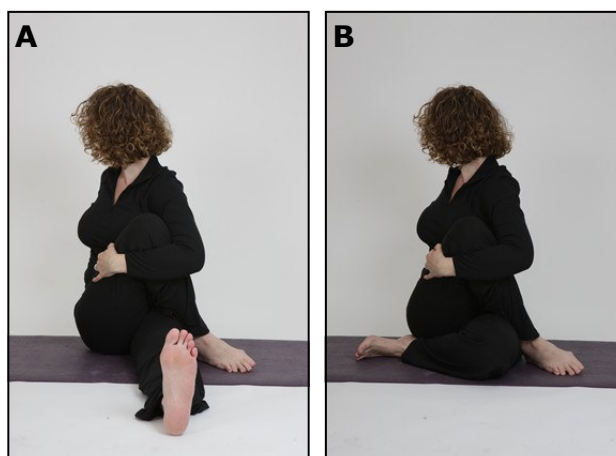
The Staff with Forward Bends. When instructed slowly straighten your legs. Flex your feet, lift your lower stomach muscles, grow up out of the crown of your head, broaden your upper back and send your shoulders away from your ears (A). Place your hands beside your hips. As you inhale lift both arms straight up and out until your hands are above your shoulders (B). As you exhale fold forward dropping your hands down to the floor and your chin onto your chest (C). When instructed slowly uncurl and come back to your starting position (A).



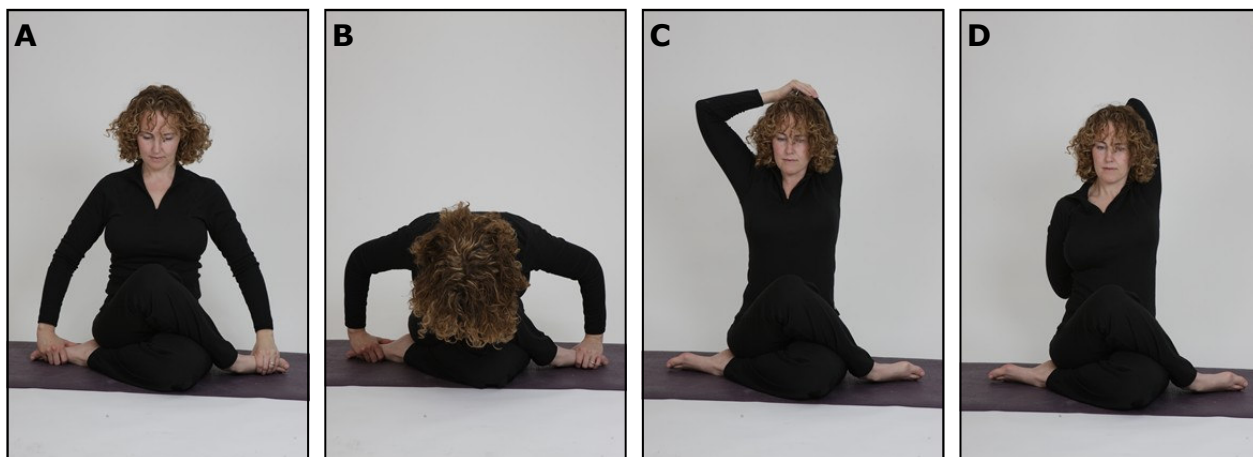
The Staff with Forward Bends cont. When instructed inhale and lift both arms straight up and out until your hands are above your shoulders again. As you exhale soften your shoulders. Now slowly lift your right leg over your left leg so that both legs are straight and your ankles are crossed (D). Inhale and grow up out of the crown of your head. As you exhale fold forward again, releasing your hands down to the floor and dropping your chin onto your chest (E). When instructed slowly uncurl keeping your ankles crossed.



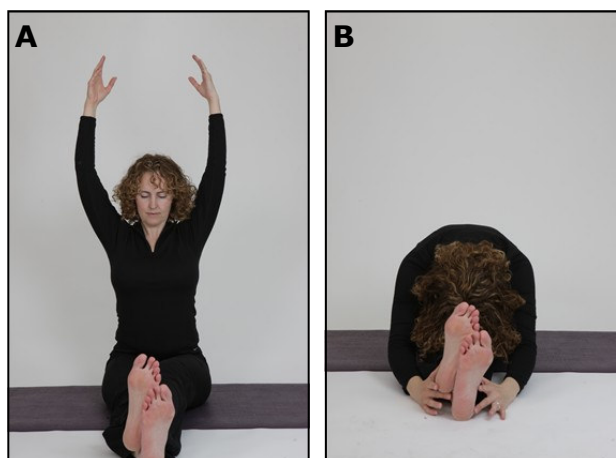
Seated Spinal Twist to the right. Keeping your right leg crossed over your left leg, draw your right leg in towards your body by bending your right knee. Place the right foot to the floor and hold onto your right leg with your left arm as you draw the leg in closer to your body. Now place your right hand to the floor behind you. As you inhale grow, as you exhale rotate your body around to your right and look over your right shoulder (A). Continue as instructed. If you wish to deepen the rotation bend your left knee and bring your left foot in towards your right hip (B). When instructed slowly release the rotation.



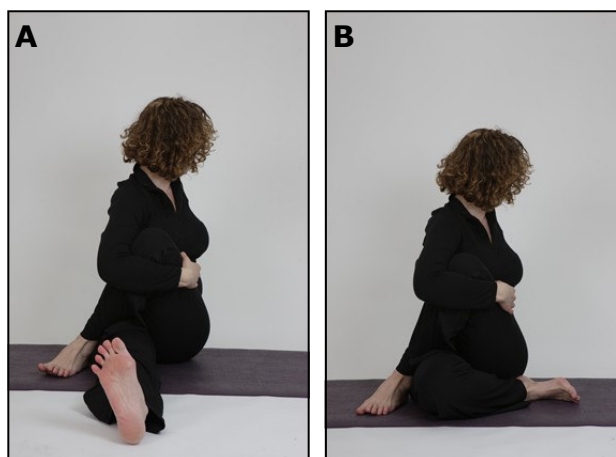
Head of the Cow. Allow your right knee to fall to the right so that your right foot is on the floor on its outside edge (A). Inhale and grow, as you exhale fold forward over your legs and dropping your chin onto your chest (B). Continue as instructed. When instructed slowly uncurl bringing your shoulders up over your hips. Now reach your left arm up so that your hand is above your shoulder. Bend your left elbow so that your left hand drops down between your shoulder blades. Use your right hand to draw your left elbow back a little to stretch your left tricep (C). Now lower your right arm and reach your right hand up behind your back towards your left hand. If possible interlink your fingers (D). Hold this posture as you breathe slowly in and out through your nose. When instructed release your hands and straighten your legs.



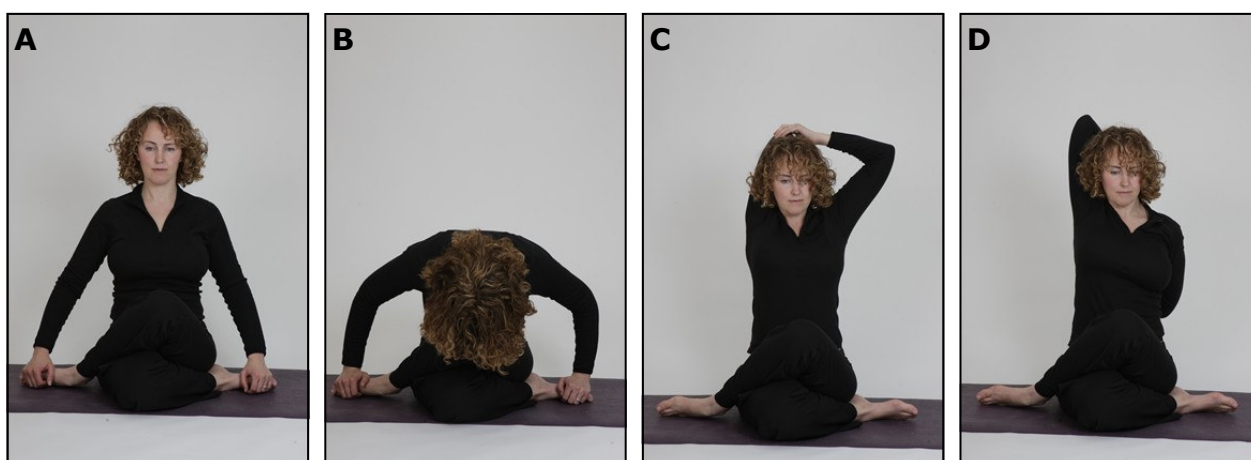
The Staff with Forward Bend. When instructed inhale and lift both arms straight up and out until your hands are above your shoulders again. As you exhale soften your shoulders. Now slowly lift your left leg over your right leg so that both legs are straight and your ankles are crossed (A). Inhale and grow up out of the crown of your head. As you exhale fold forward again, releasing your hands down to the floor and dropping your chin onto your chest (B). When instructed slowly uncurl keeping your ankles crossed.



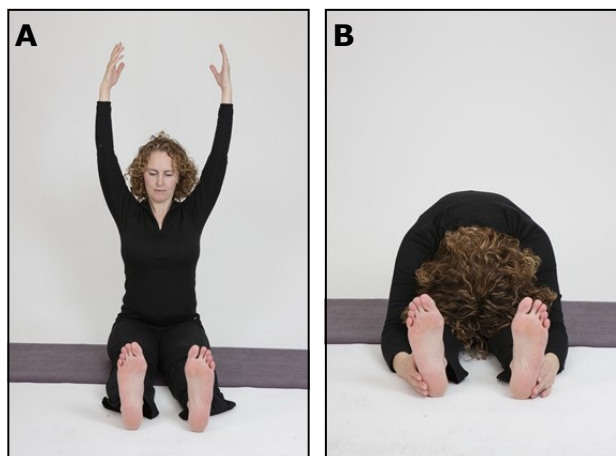
Seated Spinal Twist to the left. Keeping your left leg crossed over your right leg, draw your left leg in towards your body by bending your left knee. Place the left foot to the floor and hold onto your left leg with your right arm as you draw the leg in closer to your body. Now place your left hand to the floor behind you. As you inhale grow, as you exhale rotate your body around to your left and look over your left shoulder (A). Continue as instructed. If you wish to deepen the rotation bend your right knee and bring your right foot in towards your left hip (B). When instructed slowly release the rotation.



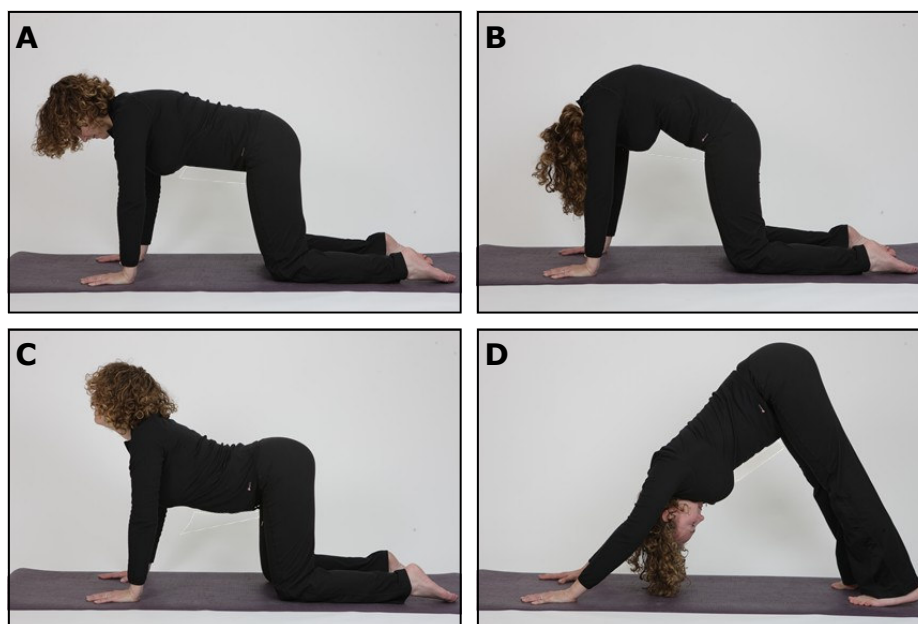
Head of the Cow. Allow your left knee to fall to the left so that your left foot is on the floor on its outside edge (A). Inhale and grow, as you exhale fold forward over your legs and dropping your chin onto your chest (B). Continue as instructed. When instructed slowly uncurl bringing your shoulders up over your hips. Now reach your right arm up so that your hand is above your shoulder. Bend your right elbow so that your right hand drops down between your shoulder blades. Use your left hand to draw your right elbow back a little to stretch your right tricep (C). Now lower your left arm and reach your left hand up behind your back towards your right hand. If possible interlink your fingers (D). Hold this posture as you breathe slowly in and out through your nose. When instructed release your hands and straighten your legs.



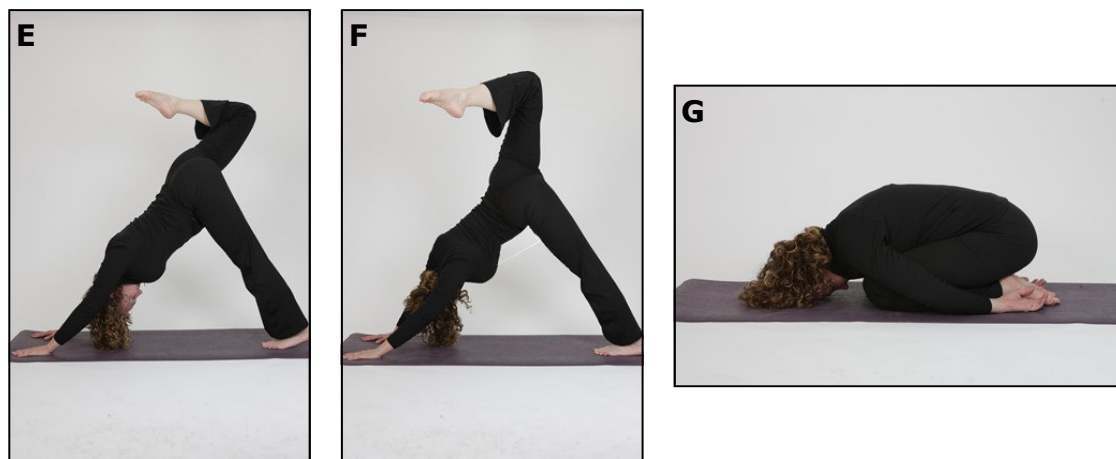
The Staff with Forward Bend. When instructed inhale and lift both arms straight up and out until your hands are above your shoulders. As you exhale soften your shoulders. Continue to breathe slowly through your nose as you sit with a straight back and reach out through your heels (A). Inhale and grow then as you exhale fold forward, releasing your hands down to the floor, softening your shoulders and dropping your chin onto your chest (B). Use each exhalation to release tension from your body. When instructed slowly uncurl.



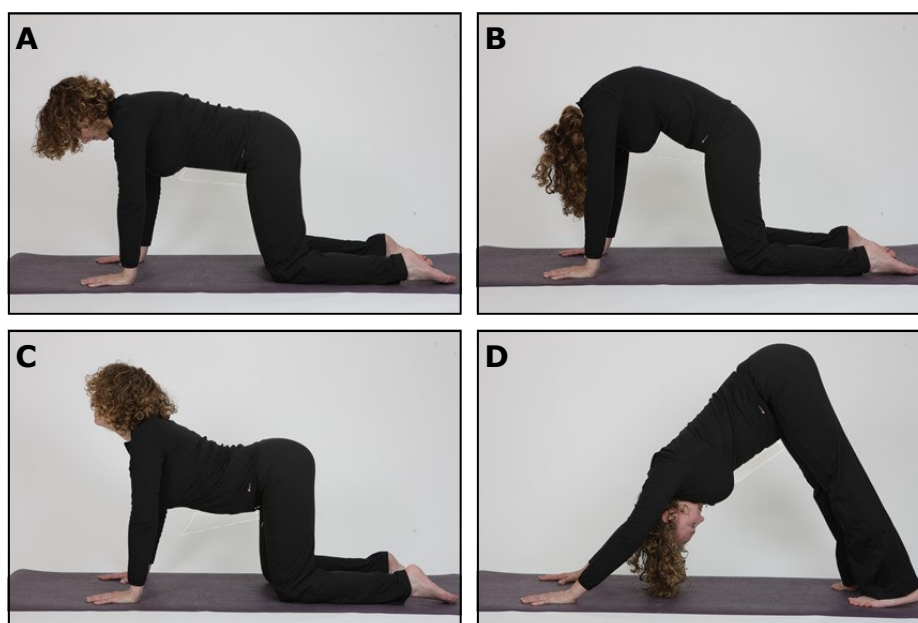
Cat, Dog & Dog with a twist to the right. Begin on your hands and knees in Cat (A). When instructed exhale and round your back up as you look through your legs (B). As you inhale reverse the position by dropping lower ribs down and lifting your chest and head up (C). Continue as instructed. When instructed exhale and round your back up, curl under your toes, lift your knees from your mat and move into Dog (D). Inhale and return to Cat, drop your lower ribs down and lift your chest and head up (C). Continue moving between Cat & Dog as instructed. When instructed hold the Dog posture.



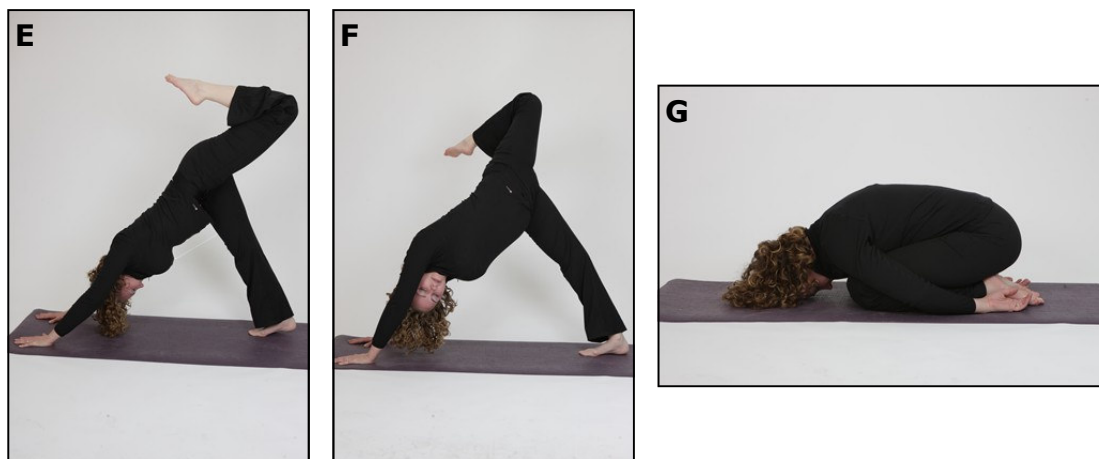
Cat, Dog & Dog with a twist to the right cont. When instructed inhale and lift your right leg straight up. Point your right foot and bend your right leg (E). Lift your right knee up and rotate through your ribs to look under your right armpit (F). Move your right leg over to the left to open your right hip. When instructed release the rotation and place your right foot back to your mat. Return to Cat then move into pose of the Child (G). Rest in Child as instructed.



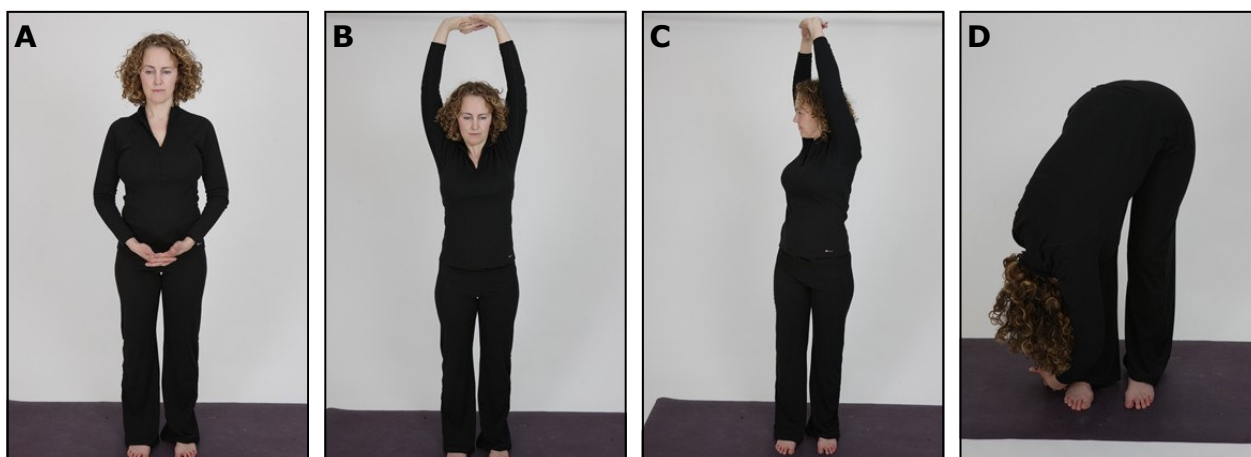
Cat, Dog & Dog with a twist to the left. Begin on your hands and knees in Cat again (A). When instructed exhale and round your back up as you look through your legs (B). As you inhale reverse the position by dropping lower ribs down and lifting your chest and head up (C). Continue as instructed. When instructed exhale and round your back up, curl under your toes, lift your knees from your mat and move into Dog (D). Inhale and return to Cat, drop your lower ribs down and lift your chest and head up (C). Continue moving between Cat & Dog as instructed. When instructed hold the Dog posture.



Cat, Dog & Dog with a twist to the left cont. When instructed inhale and lift your left leg straight up, point your left foot and bend your left leg (E). Lift your left knee up and rotate through your ribs to look under your left armpit (F). Now move your left leg over to the right to open your left hip. When instructed release the rotation and place your left foot back to your mat. Return to Cat then move into pose of the Child (G). Rest in Child as instructed.



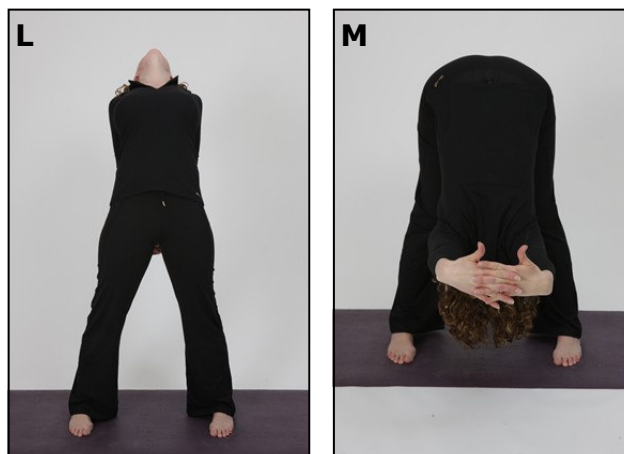
Standing Vinyasa. Begin standing with a small space between your feet, lift your lower stomach muscles and grow up out of the crown of your head. Inter-link your fingers in front of your hips (A). Inhale and lift your arms straight up in front of your body until your hands are above your head. As you exhale soften your shoulders and turn your palms up (B). Inhale, stretch your body and rotate your torso to the right (C). As you exhale fold your body forward over your right leg (D). Inhale and uncurl lifting your arms up above your head whilst maintaining the rotation (C). As you exhale rotate your torso back to the centre (B).



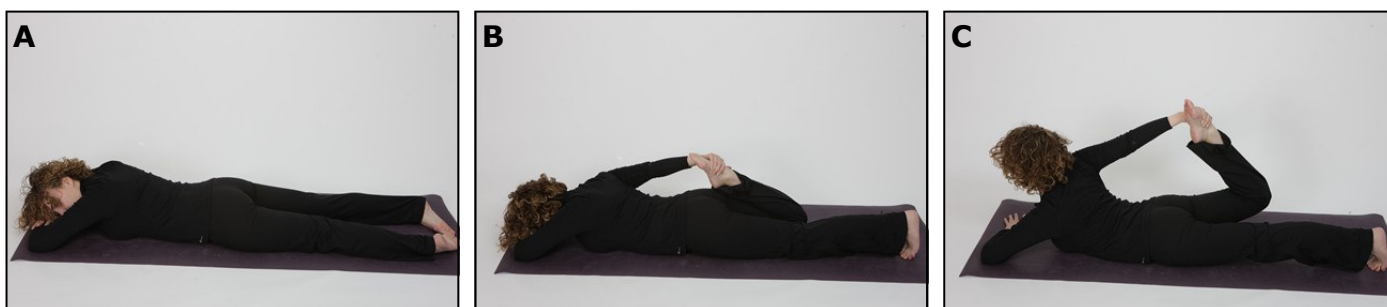
Standing Vinyasa cont. Inhale and rotate your torso to the left this time (E). As you exhale fold your body forward over your left leg (F). Inhale and uncurl lifting your arms up above your head whilst maintaining the rotation (E). As you exhale rotate your torso back to the centre (G). Inhale and stretch your body as you exhale fold your body straight forward (H). When instructed inhale and uncurl as you lift your arms up above your head, allow your hands to part so that they are shoulder width apart. Hold this position as you breathe slowly through your nose. When instructed step your feet to a position approx. 60cm or 2 foot apart (I). Inhale and grow, as you exhale lower your arms, bend your knees and move into a squat position (J). Hold the squat as you breathe slowly through your nose. Inhale then as you exhale straighten your legs and fold your body forward into a forward bend (K).



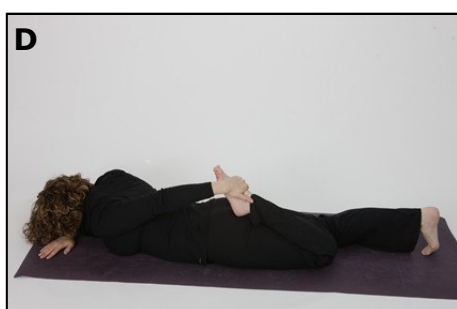
Standing Vinyasa cont. Inhale and slowly uncurl keeping your hands down this time. Continue to breathe slowly as you interlink your fingers behind your lower back. When instructed inhale, lift your chest and look up (L). As you exhale fold forward, lift your arms away from your body and drop your chin onto your chest (M). Hold this position as you breathe slowly. Then release your hands and slowly uncurl. Grow up out of the crown of your head and step your feet closer together. Hold this position as you breathe slowly. Continue as instructed.



Half Bow, Bow & Lower Back Release. Begin laying on your stomach. Make a pillow with your forearms and turn your head to one side. Join your big toes and allow your heels to roll outwards (A). Hold this position as you breathe slowly through your nose. When instructed bend your right knee and place the ball of your left foot onto your mat and reach out through your left heel. Now hold onto your right foot with your right hand and draw the right foot in towards your bottom (B). Place your forehead onto your forearm. Breathe in and lift your right knee and your chest (C). As you breathe out lower the right knee and your chest and place your forehead back onto your forearm. Continue as instructed.



Half Bow, Bow & Lower Back Release cont. When instructed bend your left knee and place the ball of your right foot onto your mat and reach out through your right heel. Place your right forearm under your forehead and hold onto your left foot with your left hand (D). Inhale and lift your left knee and your chest (E). As you exhale lower the left knee and your chest and place your forehead back onto your forearm. Continue as instructed. When instructed bend both knees and hold onto both ankles with your hands. Direct your forehead towards your mat (F). Inhale and lift both knees and your chest (G). As you exhale lower both knees and your chest (F). Continue as instructed. When instructed roll over so that you are laying on your back. Draw your knees in towards your chest holding onto your knees or your shins (H). Breathe slowly through your nose using each exhalation to release tension from your body.



Savasana. Release your knees and place your feet onto your mat keeping your knees bent. Keep the outside edges of your feet parallel and distribute your weight evenly through the soles of your feet. Place your hands beside your hips with the palms of your hands facing up (A). Continue to breathe slowly through your nose as you broaden your upper back and release your shoulders down to the floor. When instructed slowly extend your legs so that you are laying flat on your back (B). Use each exhalation to release tension from your body and continue as instructed.



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