



yoga2hear

Post-Natal Yoga

Guide Book

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

Introduction.

Thank you for purchasing the Yoga2hear Post-Natal guided audio Yoga classes. 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 classes will have maximum effect if you are not disturbed during them. 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.

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 yoga2hear 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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Post-Natal Yoga. Class 1.

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

Alignment. Lay on your back with your knees bent and the soles of your feet on the floor. Broaden the upper back and release the shoulders down towards the floor. The hands are beside the hips with the palms facing up (A). Breathe slowly through the nose. When instructed place your arms straight out to the side so they are level with your shoulders (B). Breathe slowly through the nose. When instructed lift your arms above your head, so that the whole of the arms are in contact with the floor (C). Continue to breathe slowly through the nose as you relax your lower back towards the floor.



Spinal Twist. Lay on your back with your arms level with the shoulders and your palms facing up. Your knees are bent, the soles of the feet are on the floor with the outside edges of your feet parallel and your knees are facing straight up (A). When instructed inhale. 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 as instructed linking your breath and movement.



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



The Cobbler with Arm Lift. Sit with a straight back. The soles of the feet are together, lightly hold your feet (A). This posture is called The Cobbler. As you inhale lift your pelvic floor and as you exhale relax your pelvic floor. When instructed place your hands beside your hips and as you inhale lift your arms straight out to the sides until your hands form a prayer position above your head (B). As you exhale push the hands together and soften the elbows bringing the heels of the hands to the crown of the head (C). Inhale as you straighten your arms (B). As you exhale lower your arms straight out to the sides returning your hands to beside your hips. Continue as instructed linking breath and movement.



The Staff with Forward Bend. Sit with a straight back and your legs extended in front of you. Flex your feet and lift your lower abdominal muscles. Place your hands to the floor beside your thighs and soften the backs of the legs towards the floor (A). This posture is called The Staff. If you experience pulling in the backs of your legs bend your knees slightly. 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. Soften your shoulders and lift your lower abdominal muscles. When instructed fold your upper body forward relaxing your forearms to the floor beside your legs. Drop your chin onto your chest and relax your shoulders (C). Continue to breathe slowly through the nose. Each time you exhale try to relax further into the bend. If you feel pulling in the backs of your legs bend your knees slightly.



Alignment and Relaxation. Lay on your back with your knees bent and the palms of your hands facing up (A). Breathe in and out through the nose as slowly as you can. Relax all of the muscles on the face. Place your arms straight out to the side so they are level with your shoulders with the palms facing up (B). Breathe slowly through the nose. Lift your lower abdominal muscles and release the lower back towards the floor. Cont...



When instructed place your arms above your head so that the whole of the arms are in contact with the floor (C). Lift your lower abdominal muscles and breathe as slowly as you can through your nose. Relax on every exhalation. When instructed return your hands to a position beside your hips (A). Feel that you are rolling your upper arm away from your body whilst lifting your lower abdominal muscles and relaxing the lower back. When instructed extend your legs so that you are laying flat on your back (D). Continue to breathe as slowly as you can through your nose relaxing each time you exhale.



Post-Natal Yoga. Class 2.

Alignment. Lay on your back with your knees bent and the soles of your feet on the floor. The outside edges of your feet are parallel and your knees are pointing up. The hands are beside the hips with the palms facing up (A). Lift your lower abdominal muscles and sink the lower back towards the floor. Breathe slowly through the nose. Place your arms straight out to the side so they are level with your shoulders (B). Relax the arms and shoulders down into the floor and release the lower back towards the floor. Breathe slowly through the nose. When instructed lift your arms above your head, so that the whole of the arms are in contact with the floor (C). Relax the shoulders and arms down towards the floor. Continue to breathe slowly through the nose as you relax your lower back towards the floor.



Lower Abdominal Strengthening. Continue laying on your back with your knees bent and the soles of your feet on the floor. Place your arms straight out level with your shoulders, the palms facing up (A). Relax your shoulders down into the floor and lift your lower abdominal muscles so that your lower back is in contact with the floor. Breathe slowly through your nose. Cont...



As you inhale extend your right leg by sliding your heel along your mat, reach out through the right heel until the whole of the right leg is in contact with the mat (B). As you exhale bend your right knee returning to your starting position (A). Repeat the same movement on the left side by extending the left leg as you inhale (C) and returning to the start position (A) as you exhale. Continue as instructed working each side alternately.



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



The Cobbler with Pelvic Floor Lift. Sit with a straight back and the soles of the feet together. Lift your lower abdominal muscles and lightly hold your ankles (A). This posture is called The Cobbler. As you inhale lift your pelvic floor muscles and as you exhale release them. Continue as instructed.



The Staff With Spinal Twist. Sit with a straight back and your legs extended in front of your body. Place your hands beside your thighs and reach out through your heels as you lift your lower abdominal muscles (A). Place your left hand to the outside of your right thigh and your right hand to the floor behind your back. Breathe in and sit as tall as you can then as you exhale rotate to the right and look over your right shoulder (B). Continue to breathe slowly as you hold this position. When instructed return to your start position (A). Now place your right hand to the outside of your left thigh and your left hand to the floor behind your back. Breathe in and sit as tall as you can then as you exhale rotate to the left and look over your left shoulder (C). Continue to breathe slowly holding the position. When instructed return to your start position (A).



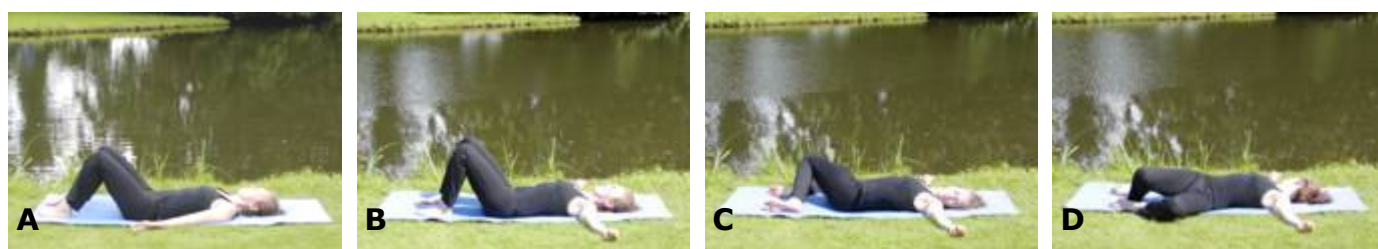
The Staff With Arm Lift And Forward Bend. Continue in the Staff posture (A). Keep lifting your abdominal muscles and to sit up straight feeling that you are growing taller. When instructed inhale lift your arms straight out to the sides until your hands form a prayer position above your head (B). As you exhale push the hands together and soften the elbows so the heel of the hand comes to the crown of the head (C). Inhale as you reach up again keeping your hands in a prayer position (B). Continue moving between positions (B and C) linking your breath with your movement. When instructed inhale and reach up (B), then part your hands so they are shoulder width apart and as you exhale soften your shoulder muscles. Breathe in and reach up then as you exhale fold forward relaxing your forearms to the floor. Drop your chin onto your chest and relax your shoulders (D). Continue to breathe slowly through your nose relaxing on every exhalation.



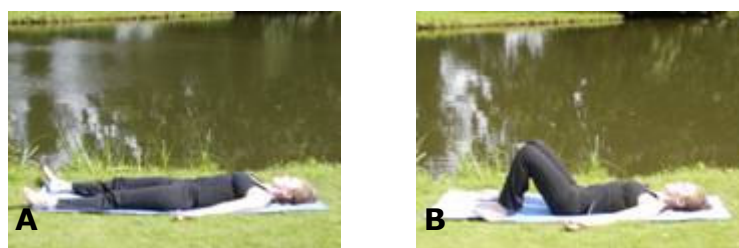
Cat and Child. Begin with your hands under your shoulders and your knees under your hips. Relax the tops of your feet towards the floor (A). This posture is called The Cat. Spread your fingers with the middle finger on each hand facing straight forward. Lift your lower abdominal muscles and feel that your back is flat. As you exhale round your back up towards the ceiling and engage your stomach muscles (B). As you inhale return to your start position with a flat back (A). Continue as instructed linking your breath with your movement. When instructed hold position (B) and continue to breathe as slowly as you can through your nose whilst lifting your stomach muscles. Release this position and allow your hips to move back towards your heels and release the upper body and forehead towards the floor with the arms alongside the body and the fingers directed towards the feet (C). This position is called Child. If this position is not comfortable you can make two fists with your hands and place one on top of the other under your forehead. Rest in either position breathing as slowly as you can through your nose.



Spinal Twist. Lay on your back with your knees bent, the outside edges of your feet are parallel and your knees are facing straight up. Your hands are beside your hips with the palms facing up (A). Breathe slowly as you lengthen your lower back and soften your shoulders. When instructed place your arms out level with your shoulders, the palms facing up (B). Feel that your arms are being pulled as you relax your shoulders. When instructed inhale. As you exhale allow your knees to fall to the right and at the same time turn your head to the left (C). As you inhale return your knees and your head to the central starting position (B). As you exhale allow your knees to fall to the left this time and at the same time turn your head to the right (D). As you inhale return your knees and your head to the central starting position (B). Continue as instructed linking breath and movement.



Relaxation. Lay on your back breathing as slowly as possible through your nose. Your hands are beside your hips with the palms facing up (A). Broaden your upper back and release the shoulders towards the floor. Lengthen your lower back away from the crown of your head and relax the pelvis and ankles. Continue to breathe slowly through the nose relaxing and releasing tension with every exhalation. If this position is not comfortable you may bend your knees placing the soles of the feet onto the floor with the knees facing straight up (B).



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