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Guided Audio Yoga

# Yoga for the Surf Volume 1

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

**Welcome.**

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 breathing slows and becomes easier to control.

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. The more you practice the postures the greater the benefits you will get 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 then just lie back, close your eyes, follow the instructions and enjoy the many benefits this yoga class has to offer.

We are keen to hear your comments on this product. If you would like to let us know what you think of this class or would like more information on yoga in general or would like to see our full range of eco-friendly yoga products please visit us at [yoga2hear.co.uk](http://yoga2hear.co.uk).

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# Yoga for the Surf Volume 1

## Introduction.

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

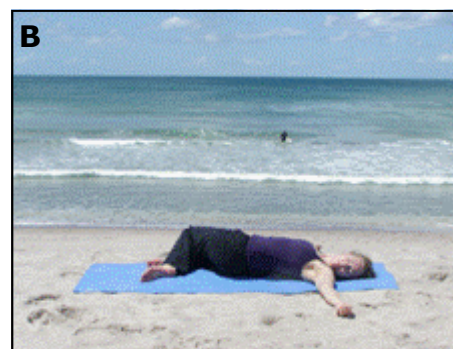
## Relaxation & Full Body Stretch.

Begin laying on your back with your eyes closed. Breathe slowly in and out through the nose, each time you exhale relax your whole body down into the floor. Broaden your upper back and release your shoulders towards the floor, lengthen your lower back, relax your pelvis and allow the legs to rotate outwards (A). When instructed inhale and reach your arms above your head and extend your legs to stretch your whole body (B). Continue to relax as you breathe slowly through the nose.



## Spinal Twist.

Begin laying on your back with your knees bent, your arms straight out to the sides level with the shoulders and your palms facing up (A). 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 again allow your knees to fall to the left this time and at the same time turn your head to the right. As you inhale again return your knees and your head to the central starting position (A). Continue as instructed on alternate sides linking breath and movement. When instructed draw your knees in towards your chest holding onto either your knees or your shins as you soften your shoulders, release your lower back and relax all of your facial muscles. Continue to breathe slowly through your nose.



### **Easy Pose & Shoulder Release.**

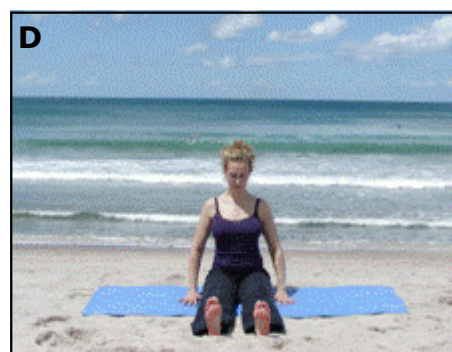
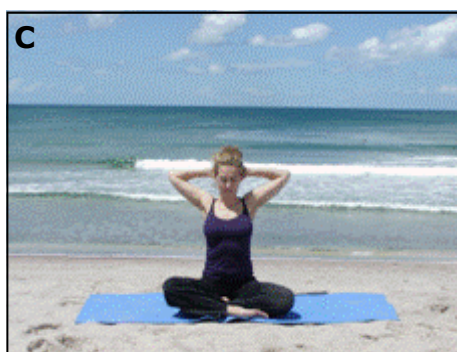
Begin in a sitting position with a straight back, your right leg is crossed in front of your left leg. Rest the backs of your wrists onto your knees with the palms of your hands facing up (A). Lift your lower stomach muscles, broaden your upper back and release your shoulders away from your ears. Drop your chin slightly towards your chest to lengthen the back of your neck. This posture is called the Easy Pose.

When instructed interlink your fingers, as you inhale lift your arms straight up above your head and as you exhale soften your shoulders. When instructed inhale and turn your palms up keeping your fingers interlocked (B). As you exhale soften your shoulders again.

When instructed keep your fingers interlocked and place your hands behind your head (C). As you inhale move your elbows back and as you exhale allow your elbows to drift forward. Continue these movements as instructed linking your breath with your movement.

When instructed bring your hands back in front of your body and change the way your legs are crossed so that the left leg is now crossed on front of the right leg. Now change the way your fingers are interlinked. Repeat the postures again as instructed.

When instructed release your hands, uncross your legs and extend your legs straight out in front of you. Work to lift your lower abdominal muscles, sit up straight, broaden the upper back and release your shoulders away from your ears (D). This posture is called the Staff.



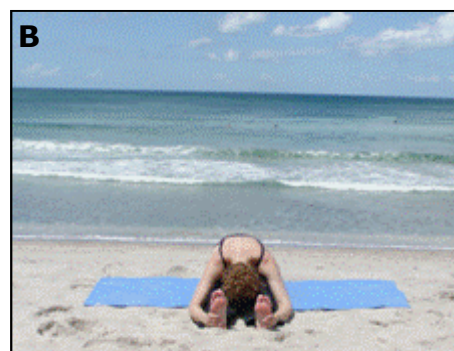
**The Staff with Arm Lift and Forward Bend.**

Begin sitting with a straight back and your legs extended. Flex your feet so that your toes are pointing straight up, breathe in and out slowly through your nose.

When instructed inhale and lift your arms out to the sides, keep lifting your arms until your hands are above your shoulders (A). As you exhale soften your shoulders away from your ears and turn your palms to face each other.

When instructed inhale and grow, as you exhale fold your upper body forward relaxing into a forward bend (B). Hold this posture as you continue to breathe slowly in and out through your nose. Work to release tension from your body with each exhalation, soften your shoulders and upper back and release your lower back as you drop your chin onto your chest.

When instructed uncurl and bring your feet in close to your body with the soles of your feet together.

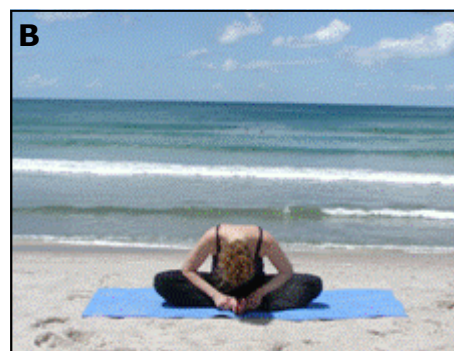


**The Cobbler with Inner Thigh Stretch.**

Begin sitting with the soles of your feet together and your knees out to the sides (A). Hold your feet lightly or place your hands to the floor beside your hips. Sit up as tall as you can, lift your lower stomach muscles, broaden your upper back and soften your shoulders away from your ears.

When instructed inhale and grow. As you exhale drop your chin onto your chest and fold forward (B). Hold this posture as you continue to breath slowly and release tension with each exhalation.

When instructed slowly uncurl and sit up tall as you continue to breathe slowly through your nose.

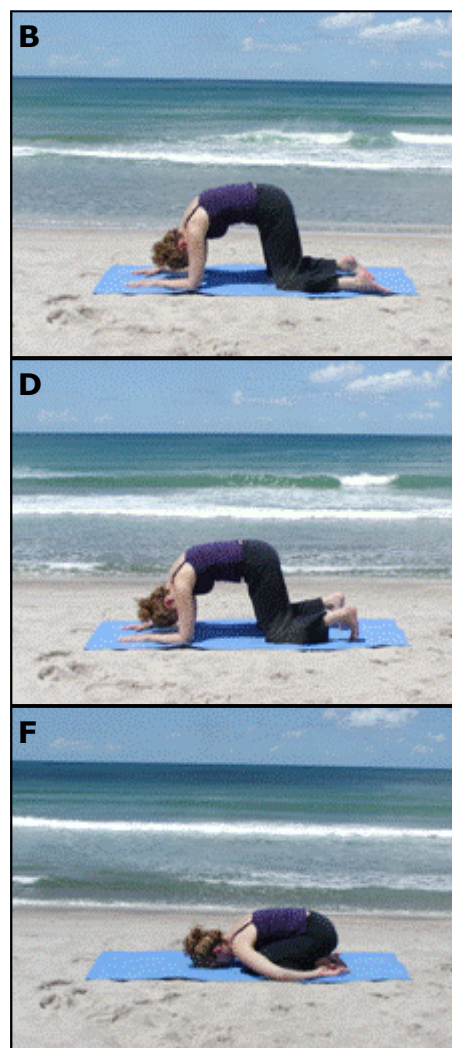
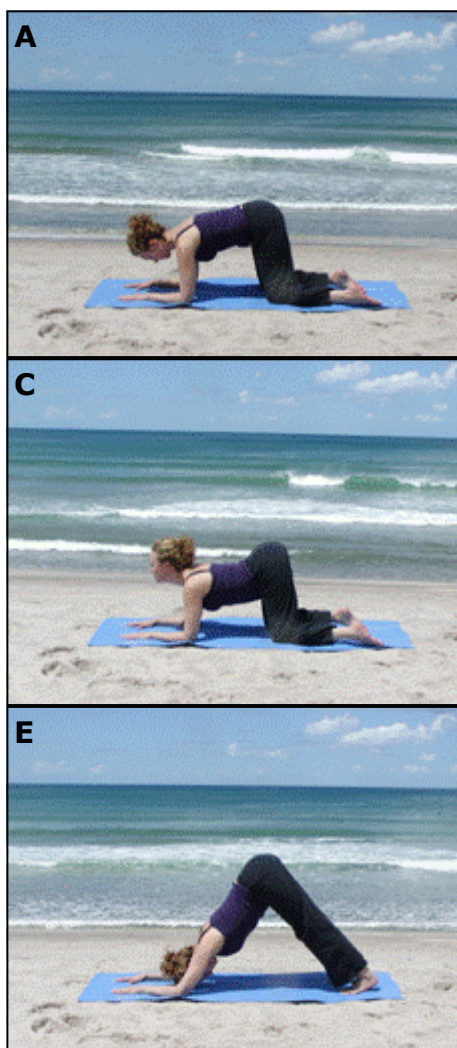


### **Cat and Downward Facing Dog on the Forearms & Child.**

Begin with your hands under your shoulders and your knees under your hips. This posture is called Cat. Bend your elbows and place your forearms on to the floor and relax the tops of your feet down towards the floor (A). 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 again (D). Continue as instructed linking breath and movement.

When instructed curl your toes under, move your hips back and allow your knees to leave the floor. Continue to exhale as you slowly unfold your legs to create a triangular shape with your body (E). This is the Downward Dog posture on the forearms. Hold this posture as you continue to breathe slowly in and out through your nose.

When instructed slowly place your knees back to the floor, relax the tops of your feet down towards the floor and allow your hips to move back towards your heels and release your forehead towards the floor. This posture is called Child. If possible place your arms alongside your body and direct your hands towards your feet (F), or make two fists with your hands and place one on top of the other under your forehead. Continue to rest in the Child posture as instructed.



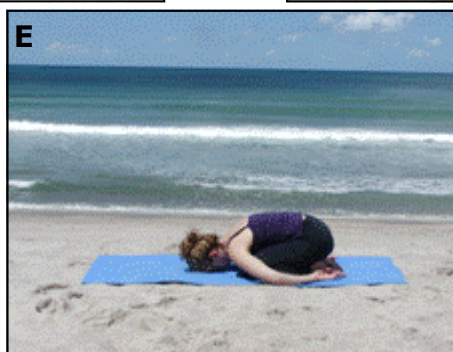
### **Cat ,Downward Facing Dog & Child.**

Begin in your Cat position with your hands under your shoulders and your knees under your hips (A).

As you exhale look through your legs and round your back up towards the ceiling (B). As you inhale reverse the position by lifting your lower back and chest and dropping your stomach down towards the floor (C). As you exhale look through your legs and round your back up towards the ceiling again (B). Continue as instructed linking your breath with your movement.

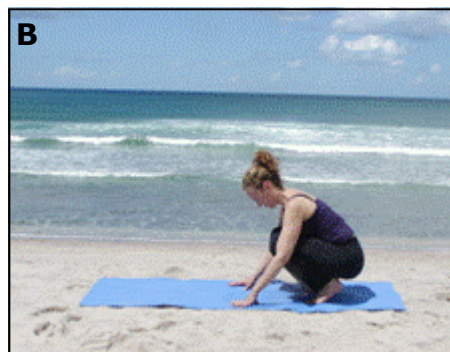
When instructed take your weight back so that your knees to leave the floor, drop your chin onto your chest and slowly unfold your legs to create a triangular shape with your body (D). This is the Downward Facing Dog posture with the arms extended. Hold this posture as you continue to breathe slowly in and out through your nose.

When instructed slowly place your knees back to the floor, relax the tops of your feet, take your bottom back onto your heels and release your forehead towards the floor moving back into the Child posture (E). If possible place your arms alongside your body and direct your hands towards your feet, or make two fists with your hands and place one on top of the other under your forehead. Rest in this posture releasing tension from the body with each exhalation.



### **Standing Forward Bend.**

Begin in a kneeling position with your shoulders over your hips. Curl under your toes and lean forward placing your hands to the floor in front of your knees (A). Push down into the floor with your hands and move your weight back onto the balls of your feet (B). Slowly unfold your legs until you are in a standing forward bend (C). Drop your chin onto your chest and relax your shoulders as you lengthen the backs of your legs. Hold this posture breathing as slowly as you can. When instructed slowly uncurl and bring yourself up to a standing position.



### **Standing Posture Series on the Right side.**

Begin standing with your feet leg length apart, lift your lower abdominal muscles, broaden your upper back and send your shoulders away from your ears (A). Imagine the face of a clock in front of you, 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 inhale and 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 (B). This posture is called Warrior 2. Hold the posture as you grow out of the crown of your head, lift your lower stomach muscles and breathe slowly through your nose.



**Cont.**



Keeping your right knee bent and your arms lifted turn your torso around to the right (C). Lift your arms up so that your hands form a prayer position above your head, look to your hands as you breathe slowly in and out through your nose (D). This posture is called Warrior 1. When instructed inhale and grow, then, as you exhale slowly fold your body forward placing your hands to the floor either side of your 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 (E). This posture is called the Long Lunge. Hold the posture as you sink your left hip down towards the floor and continue to breathe slowly. When instructed inhale, as you exhale slowly straighten your right leg and release your body over the leg (F). Hold this posture as you continue to breathe slowly. When instructed slowly move your body around to your left and turn both feet to face 12 o'clock. This posture is called a Wide Leg Forward Bend (G). Drop your chin onto your chest and release your upper body forward as you lift your lower stomach muscles. Breathe slowly through your nose releasing tension from the body each time you exhale. When instructed soften your knees and slowly uncurl so that you return to your starting position (H).



### Standing Posture Series on the Left side.

As you stand with your feet leg length apart lift your lower abdominal muscles, broaden your upper back and send your shoulders away from your ears (A). Imagine the face of a clock in front of you again, position your right foot to face 12 o'clock this time and your left foot to face between 9 & 10 o'clock. Your hips and torso are facing forward to 12 o'clock. When instructed inhale and 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 our left arm (B). This posture is Warrior 2. Hold the posture as you grow out of the crown of your head, lift your lower stomach muscles and breathe slowly through your nose. Keeping your left knee bent and your arms lifted turn your torso around to the left (C). Lift your arms up so that your hands form a prayer position above your head (D). Look to your hands as you breathe slowly in and out through your nose. This posture is called Warrior 1. When instructed inhale and grow then as you exhale slowly fold your body forward placing your hands to the floor either side of your 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 (E). This posture is called the Long Lunge. Hold the posture as you sink your right hip down towards the floor and continue to breathe slowly.



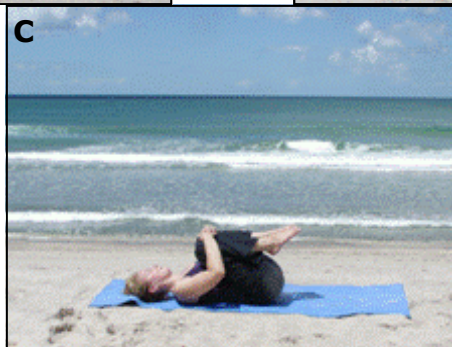
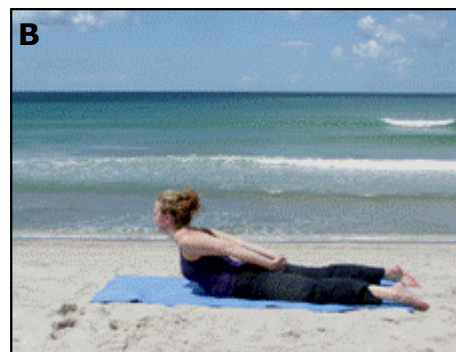
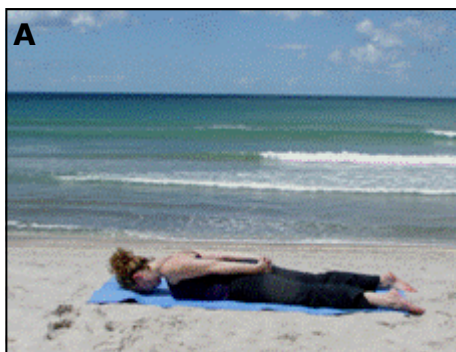
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When instructed inhale, as you exhale slowly straighten your left leg as you release your body down over the leg (F). Hold this posture as you continue to breathe slowly. When instructed slowly move your body around to your right and turn both feet to face 12 o'clock. This posture is called a Wide Leg Forward Bend (G). Drop your chin onto your chest and release your upper body forward as you lift your lower stomach muscles. Breathe slowly through your nose releasing tension from the body each time you exhale. When instructed soften your knees and slowly uncurl so that you are standing with your shoulders are above your hips. Now slowly step your feet together, grow out of the crown of your head, broaden your upper back and send your shoulders away from your ears.



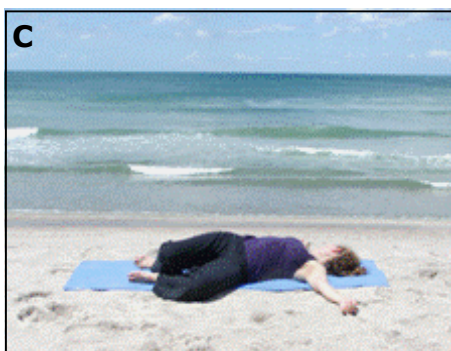
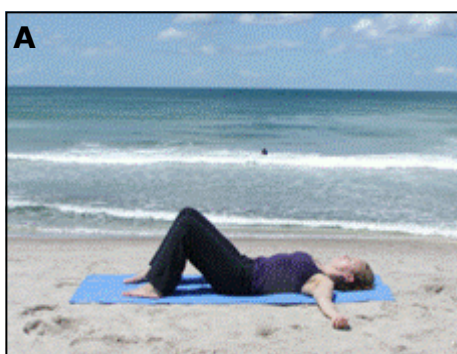
**Snake and Lower Back Release.**

Begin laying on your stomach with your forehead on your mat and your legs together. Interlink your fingers behind your back (A). When instructed inhale and slide your hands towards the backs of your legs as you slowly lift your head and chest (B). This posture is called Snake. As you exhale slowly lower your chest and head returning to your starting position (A). Continue these movements as instructed linking your movements with your breath. When instructed slowly roll over onto your back and draw your knees in towards your chest. Hold on to either your knees or your shins as you soften your lower back, release your shoulders, relax all of your facial muscles and breathe slowly in and out through your nose (C).



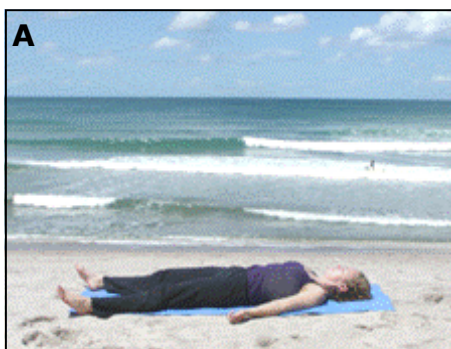
### Spinal Twist.

Slowly place your feet back to the floor with your knees bent. Place your arms on the floor out to the sides level with your shoulders with your palms facing up (A). Release your lower back down to the ground. 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 again 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 again return your knees and your head to the central starting position (A). Continue as instructed on alternate sides linking breath and movement. When instructed return to your starting position (A). Hold this position as you continue to breathe slowly through your nose releasing tension from your body with each exhalation.



### Relaxation.

Slowly extend your legs so that you are laying flat on your back. Place your hands beside your hips, the palms facing up and close your eyes (A). Roll your upper arms away from your torso and breathe slowly in and out through your nose. Become aware of the movement of your ribcage as you breathe. Each time you exhale work to release tension from your body and feel that you are sinking down into the floor. Continue as instructed becoming very aware of your breathe entering and leaving your body.



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