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Guided Audio Yoga

Yoga for the Surf Volume 2

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;

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 this practice.

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.

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Yoga for the Surf Volume 2

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

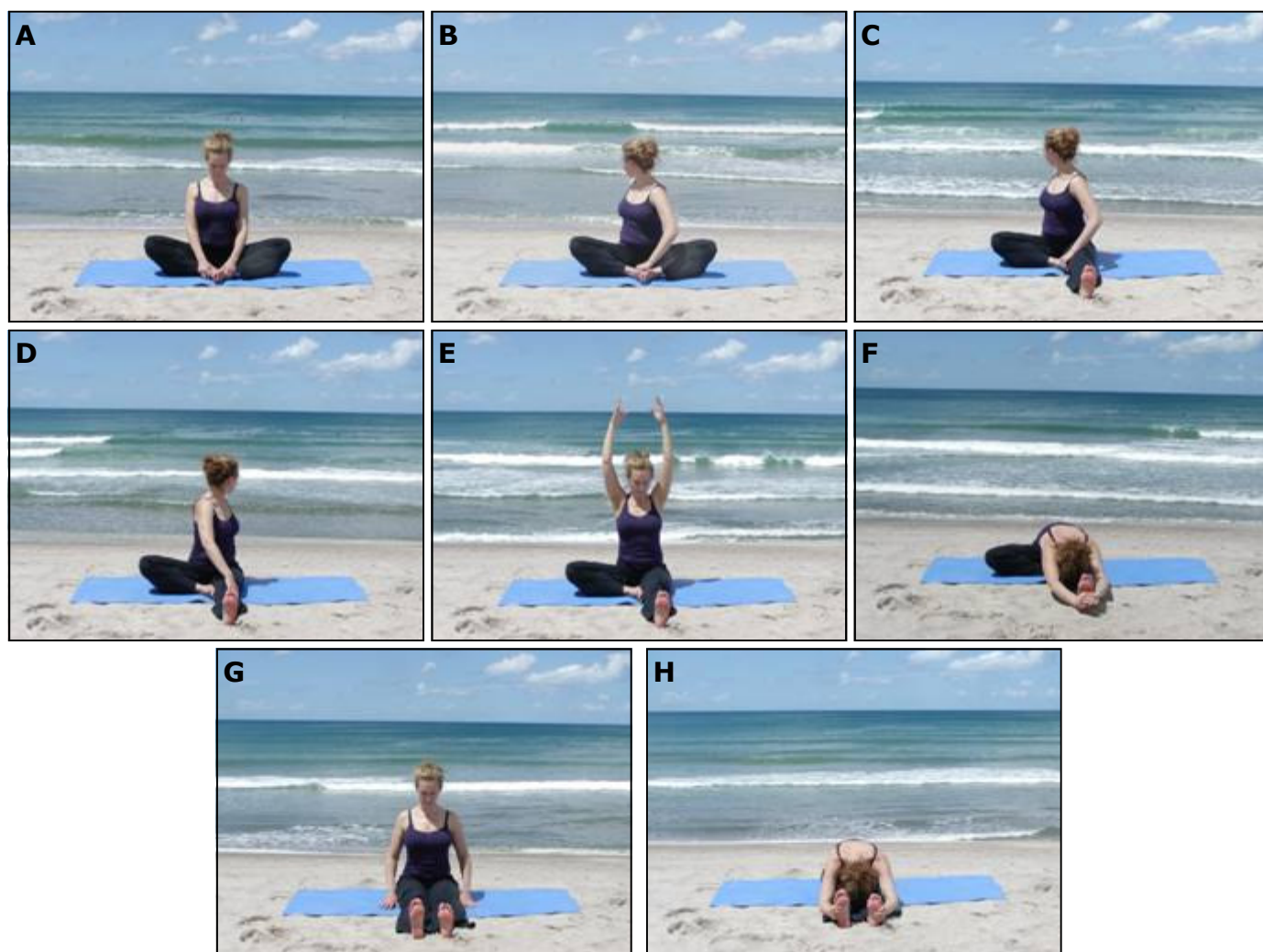
Relaxation & Full Body Stretch. Begin laying on your back with your eyes closed. Breathe slowly in and out through the nose, each time you exhale relax your whole body down into the floor. Broaden your upper back and release your shoulders towards the floor, relax your chest muscles, lengthen your lower back, relax your pelvis and allow the legs to rotate outwards (A). Become aware of the different sensations you feel as you breathe. 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. When instructed inhale and flex your feet as you stretch your whole body again (C). As you exhale relax your whole body again. Continue as instructed. When instructed draw your knees in towards your chest (D). Hold this position as you relax and continue to breathe slowly.



Lower Back Release. As you inhale allow your knees to slowly drift away from your chest (A). As you exhale slowly draw your knees back in towards your chest (B). Continue as instructed linking your breath with your movement. When instructed slowly bring yourself up to a sitting position.



The Cobbler, Spinal Twist, Hamstring Stretch and Forward Bend on the Right. Begin sitting with the soles of your feet together. Hold on to your feet as you work to lift your lower stomach muscles and grow up out of the crown of your head (A). When instructed place your left hand to the outside of your right foot and place your right hand to the floor behind you. Inhale and grow, as you exhale rotate round to your right and turn your head to look over your right shoulder (B). When instructed extend your left leg straight out in front of your body (C). When instructed release your rotation. Place your right hand to the outside of your left leg and your left hand to the floor behind you. Inhale and grow, as you exhale rotate your body around to the left this time and look over your left shoulder (D). When instructed release your rotation. Inhale and lift your arms so that your arms are extended straight up with your hands above your shoulders (E). As you exhale soften your shoulders away from your ears. When instructed inhale and grow, then as you exhale fold your upper body forward, dropping your chin onto your chest and relaxing into a forward bend (F). When instructed slowly uncurl and extend your right leg so you are now sitting with both legs extended out in front of your body (G). Inhale and lift your arms so that your arms are extended straight up with your hands above your shoulders. As you exhale soften your shoulders away from your ears. Inhale and grow, then as you exhale fold your upper body forward again, dropping your chin onto your chest and relaxing into a forward bend (H). When instructed slowly uncurl and return to your starting position (A).



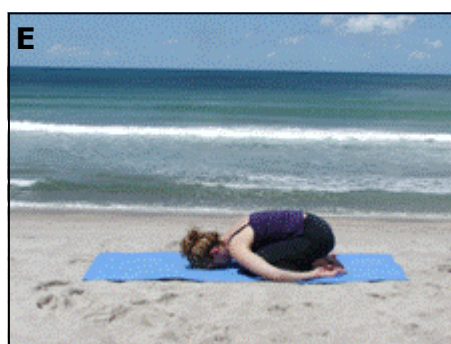
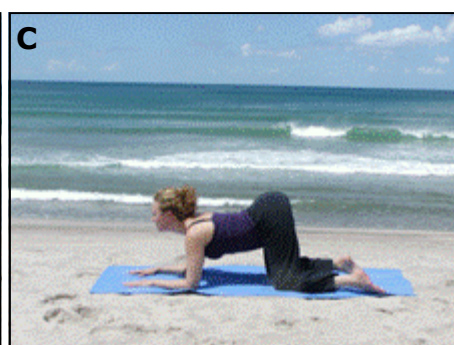
The Cobbler, Spinal Twist, Hamstring Stretch and Forward Bend on the Left. Begin sitting with the soles of your feet together. Hold on to your feet as you work to lift your lower stomach muscles and grow up out of the crown of your head (A). When instructed place your right hand to the outside of your left foot and place your left hand to the floor behind you. Inhale and grow, as you exhale rotate round to your left and turn your head to look over your left shoulder. When instructed extend your right leg straight out in front of your body (C). When instructed release your rotation. Place your left hand to the outside of your right leg and your right hand to the floor behind you. Inhale and grow, as you exhale rotate your body around to the right this time and look over your right shoulder (D). When instructed release your rotation. Inhale and lift your arms so that your arms are extended straight up with your hands above your shoulders (E). As you exhale soften your shoulders away from your ears. When instructed inhale and grow, then as you exhale fold your upper body forward, dropping your chin onto your chest and relaxing into a forward bend (F). When instructed slowly uncurl and extend your left leg so you are now sitting with both legs extended out in front of your body (G). Inhale and lift your arms so that your arms are extended straight up with your hands above your shoulders. As you exhale soften your shoulders away from your ears. Inhale and grow, then as you exhale fold your upper body forward again, dropping your chin onto your chest and relaxing into a forward bend (H). When instructed slowly uncurl and return to your starting position (A).



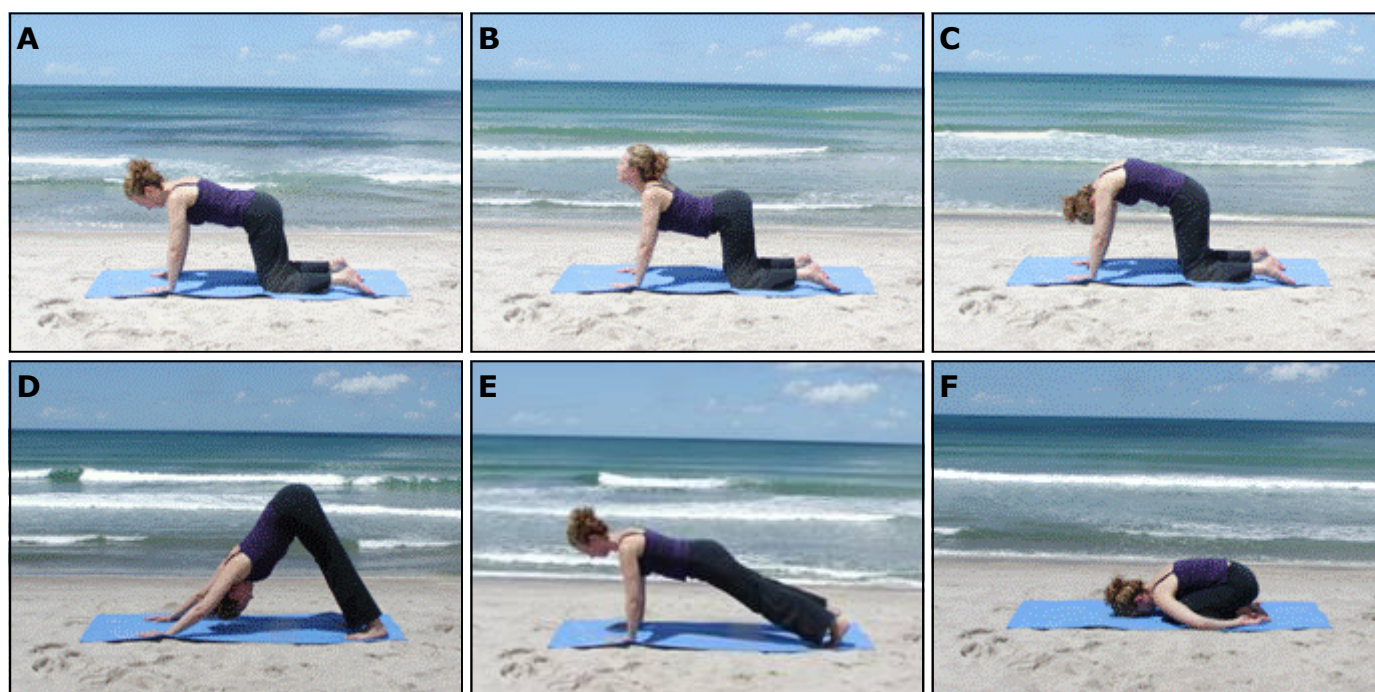
The Cobbler with Inner Thigh Stretch. Begin sitting with the soles of your feet together again. Hold on to your feet as you work to grow up out of the crown of your head, broaden your upper back and soften your shoulders (A). When instructed inhale and grow, as you exhale fold your body forward as you drop your chin onto your chest. If possible use your elbows to direct your knees down toward the floor (B).



Cat and Downward Facing Dog on the Forearms & Child. Begin on all fours 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 onto 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). Continue as instructed linking breath and movement. When instructed exhale as you round your back up towards the ceiling and 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 (D). This is the Downward Dog posture on the forearms. As you inhale return to Cat (A). Continue as instructed linking breath and movement. 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. Place your arms alongside your body and direct your hands towards your feet (E). Continue to rest in the Child posture as instructed.



Cat, Downward Facing Dog, Plank & Child. Begin in your Cat position with your hands under your shoulders and your knees under your hips (A). As you inhale lift your lower back, chest and head (B). As you exhale round your back up towards the ceiling and drop your chin onto your chest (C). Continue to exhale as you curl under your toes and slowly unfold your legs to create a triangular shape with your body (D). This is the Downward Facing Dog posture. As you inhale and return to Cat (A). Continue as instructed moving between Cat and Downward Facing Dog. When instructed hold the Downward Facing Dog posture as you continue to breathe slowly. When instructed lengthen your stance. As you inhale float forward into the Plank posture (E). As you exhale move back into Downward Facing Dog. Continue as instructed moving between Downward Facing Dog and Plank. 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 (F). Place your arms alongside your body and direct your hands towards your feet. Rest in this posture releasing tension from the body with each exhalation.



Downward Facing Dog & Standing Forward Bend. From pose of the Child move slowly back to Cat (A). From Cat curl under your toes and slowly unfold your legs to move into Downward Facing Dog (B). When instructed slowly walk your feet in towards your hands until you are in a Standing Forward Bend (C). Drop your chin onto your chest and breathe slowly. When instructed soften your knees and slowly uncurl coming up to a standing position.



Standing Posture Series on the Right side. Begin standing sideways on your mat with your feet leg length apart (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. Hold this position as you breathe slowly through your nose. Slowly bend your right knee and turn your head to look along our right arm (B). This posture is called Warrior 2. Hold the posture as you breathe slowly through your nose, growing out of the crown of your head and lifting your lower stomach muscles. 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 (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 rotate your torso around to the right, bend forward and bring your hands to a prayer position in front of your chest, place your left elbow to the outside of your right leg and turn your head to look over your right shoulder (E). Hold this posture as you breathe slowly in and out through your nose. When instructed release your rotation and place 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 (F). This posture is called the Long Lunge. Hold the posture as you sink your hips down towards the floor and continue to breathe slowly.

Cont...



When instructed inhale and then as you exhale fold your body over your right leg as you slowly straighten the right leg and then lift your left leg (G). Hold this posture as you continue to breathe slowly. When instructed inhale and lift your left leg a little higher and then as you exhale lower your left leg and place your left foot next to your right foot so that you are in a Standing Forward Bend (H). When instructed soften your knees and slowly uncurl coming up to a standing position.



Standing Posture Series on the Left side. Begin standing sideways on your mat again with your feet leg length apart (A). Imagine the face of a clock in front of you, 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 inhale and lift your arms out to the sides until they are level with your shoulders. Hold this position as you breathe slowly through your nose. Slowly bend your left knee and turn your head to look along our left arm (B). This posture is called Warrior 2. Hold this posture as you breathe slowly through your nose, growing out of the crown of your head and lifting your lower stomach muscles. 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. Cont....



When instructed inhale and grow then as you exhale slowly rotate your torso around to the left, bend forward and bring your hands to a prayer position in front of your chest, place your right elbow to the outside of your left leg and turn your head to look over your left shoulder (E). Hold this posture as you breathe slowly in and out through your nose. When instructed release your rotation and place 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 (F). This posture is called the Long Lunge. Hold the posture as you sink your hips down towards the floor and continue to breathe slowly. When instructed inhale and then as you exhale fold your body over your left leg as you slowly straighten the left leg and then lift your right leg (G). Hold this posture as you continue to breathe slowly. When instructed inhale and lift your right leg a little higher and then as you exhale lower your right leg and place your right foot next to your left foot so that you are in a Standing Forward Bend (H). When instructed soften your knees and slowly uncurl coming up to a standing position.



Lower Back Strengthening and Release. Begin laying on your stomach with your arms and legs extended (A). As you inhale lift your right arm and left leg (B). As you exhale lower your right arm and left leg back to the floor. Cont..



As you inhale again lift your left arm and right leg (C). As you exhale lower your left arm and right leg back to the floor. Continue as instructed lifting opposite arm and leg whilst linking your movement to your breath. When instructed roll over onto your back and draw your knees in towards your chest holding onto your knees or your shins (D). Soften your shoulders and relax your face as you release tension from your lower back with each exhalation.



Relaxation. Begin with the soles of your feet on the floor and your arms on the floor extended above your head (A). If possible place the soles of your feet together and allow your knees to fall out to the sides (B). Hold this position as you breathe slowly through your nose being aware of the movement through your rib-cage. If this position is not comfortable return to the position with the soles of your feet on the floor (A). When instructed slowly straighten your legs and open your arms and legs slightly (C). Remain in this position until instructed to place your arms beside your body with the palms of your hands facing up (D). Continue as instructed.



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