

BEGINNERS AM-PM YOGA

Sue Fuller



INSTRUCTIONAL VINYASA MORNING CLASS
AND RESTORATIVE EVENING CLASS

YOGA2HEAR

Beginners AM-PM Yoga Guide Book

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

Beginners AM-PM Yoga

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Beginners AM-PM Yoga

Introduction.

Thank you for purchasing the Yoga 2 Hear Beginners AM-PM Yoga Download.

Beginners AM-PM Yoga consists of two easy-to-follow 30 minute sessions suitable for those with little or no yoga experience. The AM session has been created to be used in the morning to kick start your day with an effective Yoga Vinyassa sequence that will gently wake your body and get your energy flowing. The PM session has been created to be used in the evening and uses simple floor based held postures to provide a calming and restorative practice that will deeply relax and unwind your body and mind.

Both sessions have been devised to be followed from start to finish without interruption. We suggest you set aside more than enough time for the session and find a warm, quiet area away from any distractions. If, for any reason, you find you are having difficulty concentrating on a session, focus your attention to the sound of your breath entering and leaving your body through your nose.

If you have no previous yoga experience it may take a couple of sessions before you feel at ease breathing in a slow controlled manner. Such breathing is a fundamental part of many yoga techniques, it greatly assists and enhances the techniques and becomes much easier with just a little practice.

We hope you enjoy these sessions and find them useful. We are always keen to hear any comments you may have. If you would like to let us know your thoughts, have any questions at all or would like more information about our extensive range please visit www.yoga2hear.co.uk.

Beginners AM-PM Yoga

Track.1. Introduction.

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

Track.2. The Beginners AM Session.

Begin sitting with your ankles crossed. Place your hands onto your knees or thighs, close your eyes and continue as instructed (A).



When instructed come onto your hands and knees into Cat (B). Continue as instructed.



As you inhale release the ribs and stomach down towards the floor and lift the chest and head (C). Continue as instructed.



When instructed exhale round your back up, drop your head and look between your legs (D). Continue as instructed.



When instructed move your bottom back onto your heels. Reach your arms forward and release your forehead to the floor (E). This is the Extended Child posture. Continue as instructed.



When instructed come onto your hands and knees into Cat (F).



When instructed curl your toes under, drop your chin onto your chest, move your weight back so that your knees leave the floor and unfold your legs moving into Downward Facing Dog (G). Continue as instructed.



When instructed come back onto your hands and knees into Cat (H).



Then move your bottom back onto your heels. Reach your arms forward and release your forehead to the floor moving back into the Extended Child posture again (I). Continue as instructed.



When instructed come back onto your hands and knees into Cat and continue up into Downward Facing Dog (J). Continue as instructed.



When instructed step your feet forward and come into a Standing Forward Bend (K). Continue as instructed.



When instructed slowly uncurl your spine and come up to standing (L).



When instructed inhale and lift your arms up and out to the sides of your body, keep lifting the arms until your hands form a prayer position above your head (M).



As you exhale push your palms together and bring your hands down in front of your chest (N).



Now inhale and bring your hands back up past your face to the prayer position above your head (O).



As you exhale part your hands and lower your arms out to the sides of your body returning to your start position (P). Continue as instructed.



When instructed exhale and slowly fold your body forward into a Standing Forward Bend (Q).



As you inhale step your right foot back and bend your left knee coming into a Long Lunge (R).



When instructed exhale and slowly step your left foot back beside the right foot coming into Downward Facing Dog (S). Continue as instructed.



When instructed inhale and come onto your hands and knees into Cat (T). Continue as instructed.



When instructed exhale and return to Downward Facing Dog (U). Continue as instructed.

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When instructed inhale and step your right foot forward between your hands and bend your right knee coming into a Long Lunge (V).

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When instructed exhale and step your left foot forward beside the right coming into a standing forward bend (W).



As you inhale slowly uncurl your body and lift your arms up and out to the sides of your body, keep lifting the arms until your hands form a prayer position above your head (X).



As you exhale part your hands and lower your arms out to the sides of your body returning to your start position (Y). Continue as instructed repeating the sequence on the other side.



When instructed inhale and lift your arms up and out to the sides of your body, keep lifting the arms until your hands form a prayer position above your head (Z).



As you exhale part your hands, lower your arms out to the sides of your body and slowly fold your body forward into a Standing Forward Bend (A).



As you inhale step your right foot back and bend your left knee coming into a Long Lunge (B).



Exhale and step your left foot back beside the right foot coming into Downward Facing Dog (C).



Inhale and come onto your hands and knees into Cat (D). Continue as instructed.



When instructed exhale and return to Downward Facing Dog (E). Continue as instructed.



When instructed inhale and step your right foot forward between your hands and bend your right knee coming into a Long Lunge (F).



When instructed bring your shoulders up over your hips and continue as instructed moving into Warrior 1 (G). Continue as instructed.



Exhale and move as instructed into Warrior 2 (H). Continue as instructed.



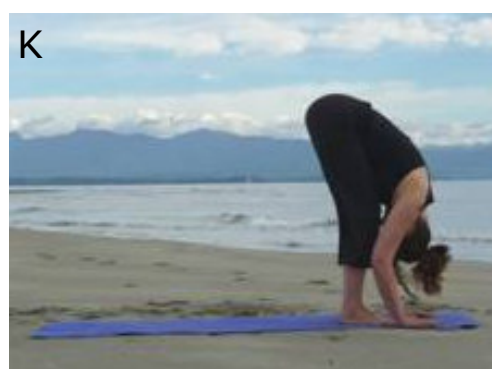
When instructed return to Warrior 1 (I). Continue as instructed.



When instructed exhale, lower your arms and return to a Long Lunge (J). Continue as instructed.



When instructed exhale and step your left foot forward between your hands coming into a Standing Forward Bend (K).



Inhale and slowly uncurl your body and lift your arms up and out to the sides of your body, keep lifting the arms until your hands form a prayer position above your head (L).



As you exhale part your hands and lower your arms out to the sides of your body returning to your start position (M). Continue as instructed repeating the sequence on the other side.



When instructed lay down on your back and place the soles of your feet onto your mat with your knees pointing straight up. Position your arms alongside your body with the palms facing up (N). Continue as instructed to the end of the session.



Track.3. The Beginners PM Session.

Begin laying down on your back. Place the soles of your feet onto your mat with your knees pointing straight up. Position your arms alongside your body with the palms facing up (A). Lightly close your eyes and breathe slowly through your nose. Continue as instructed.



When instructed allow your knees to drop out towards the sides of your mat. Join the soles of your feet and place your arms on the floor each side of your head when instructed (B). Continue as instructed.



When instructed draw your knees in towards your chest and hold onto your knees or your shins (C). Continue as instructed.



When instructed place your arms onto the floor beside your body then inhale and extend your right leg up reaching up through your right heel (D).



As you exhale point the right foot and bend the right knee returning to your start position (E). Continue as instructed extending and returning alternate legs.



When instructed inhale and extend your right leg up reaching up through your right heel, as you do so lift your arms up and over your shoulders to a position on the floor either side of your head (F).



As you exhale point the right foot, bend the right knee and bring your arms back over returning to your start position (G). Continue as instructed lifting the arms and extending and returning alternate legs.



When instructed draw your knees in towards your chest and hold onto your knees or your shins again (H). Continue as instructed.



When instructed release your legs and place the soles of your feet onto your mat with your knees pointing straight up. Position your arms alongside your body with the palms facing up (I). Continue as instructed.



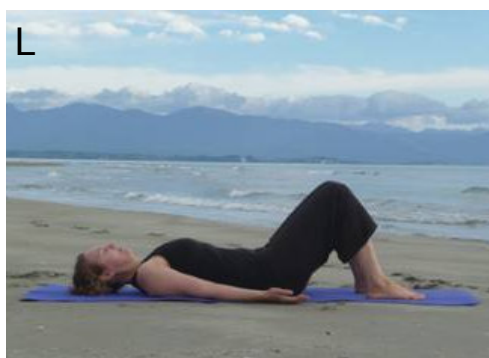
When instructed inhale. As you exhale press your lower back into the floor and slowly lift your hips. Breathe slowly as you continue to lift your hips up moving into the Half Bridge posture (J). Continue as instructed.



When instructed exhale and slowly lower your hips bringing your spine back down onto the floor. Lift your feet and draw your knees in towards your chest. Hold onto your knees or your shins (K). Continue as instructed.



When instructed release your legs and place the soles of your feet onto your mat with your knees pointing straight up. Position your arms alongside your body with the palms facing up (L).



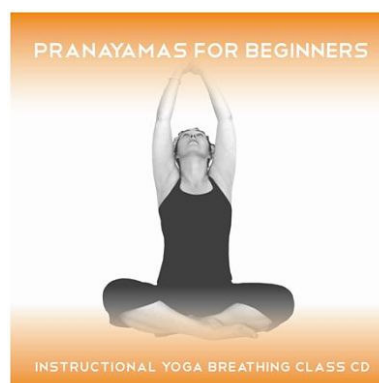
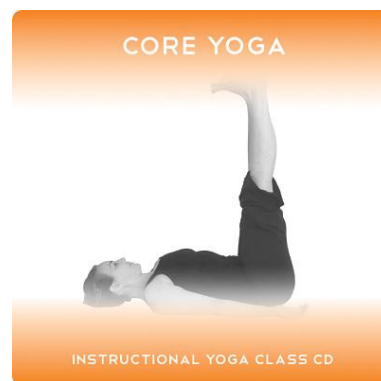
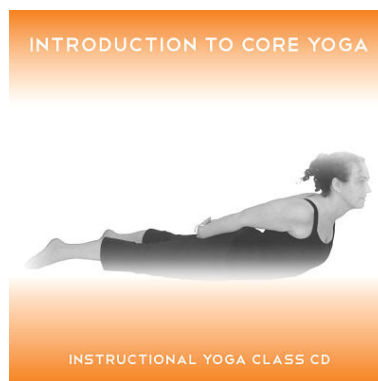
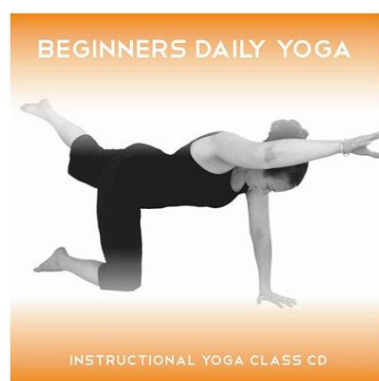
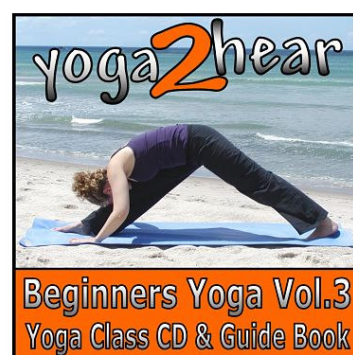
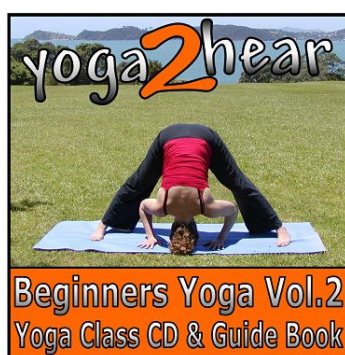
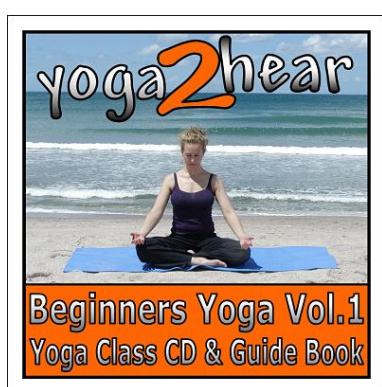
When instructed take your arms straight out along the floor level with your shoulders. As you exhale allow both knees to fall the right and turn your head to the left moving into a Spinal Twist (M). Continue as instructed.



When instructed bring your knees and head back up into the centre and slowly extend or feet away from your body so you are laying flat on your back (N). Continue as instructed following the body scan relaxation to the end of the session.



.Other Yoga2hear titles include.



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