

yoga2hear
Guided Audio Yoga



Pranayamas & Mudras
Vol.2
Guide Book

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

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Guided Audio Yoga

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Intro to Yoga 2 Hear

Thank you for purchasing a Yoga 2 Hear guided audio yoga class. Our classes provide top quality achievable and effective instruction that can be used whenever and wherever you choose.

With Yoga 2 Hear audio yoga classes you can close your eyes and concentrate 100% on the clear and easy to follow instructions, this allows you to gain the maximum benefits from each 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. With regular practice you will find that your breath becomes easier to control and the techniques used in this class will become more effective.

Make sure that the area in which you are following this class is warm and free from any obstructions. You will need enough room to move your arms in all directions whilst laying and sitting on your yoga mat.

If you have high blood pressure or are pregnant the techniques used in this class are not suitable for you.

Pranayamas & Mudras Vol.2

This 45 minute class is suitable for those with and without any previous experience of yoga. It combines a number of carefully selected Pranayamas with a number of effective Mudras. The Pranayamas encourage relaxation, reduce anxiety and increase mental focus so that the mind can function more clearly. The Mudras are used in yoga to compliment and intensify a practice, they also help to channel and seal energy inside the body to produce many positive effects including balancing the body and mind and encouraging spiritual growth. Mudras can be practiced on their own or whilst performing asanas (postures), bandhas (locks), meditations and pranayamas.

Pranayamas is the Sanskrit name given to yogic breathing exercises. Pranayama translates from Sanskrit to mean control of vital life force. By practicing Pranayamas we are able to learn techniques that control the breath and raise our levels of prana (vital life force or energy). Prana travels around the body via nadis (energy zones) and resonates in the chakras (vortex's of energy located in different areas of the body).

The word Mudra translates from Sanskrit to mean gesture or attitude. Mudras manipulate, reflect, seal and direct prana around the body. Performing a mudra whilst breathing slowly in and out through the nose with the correct intent will have an extremely positive effect on both body and mind. Each Mudra has a different focus, these are explained in more detail in the Class Guide section.

Track 1. Introduction

Please ensure you have carefully read and understood this guide book before commencing the class and that you strictly follow the recommendations in the Medical Warning.

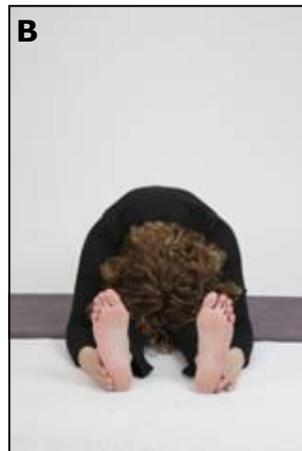
Track 2. The Class.

Yoga Mudra. Begin sitting with your right leg crossed in front of your left leg. Grow up out of the crown of your head, lift your lower stomach muscles, broaden your upper back and soften your shoulders away from your ears. Lightly close your eyes as you breath slowly through your nose. Rest the backs of your wrists onto your knees with your palms facing up and the fingers relaxed. Take your hands behind your back and hold onto your left wrist with your right hand (A). When instructed inhale fully inflating your lungs, as you exhale fold your body forward dropping your chin onto your chest. Inhale and uncurl. Continue as instructed.



The Yoga Mudra is used to encourage unity or connection with the universal consciousness. It clears the mind and prepares the body and mind for meditation.

The Staff with a Forward Bend. Slowly straighten your legs and flex your feet. When instructed inhale and lift your arms straight up and out to the sides of your body. Continue until your hands are above your shoulders (A). As you exhale soften your shoulders. Inhale and grow then as you exhale fold your body forward into a seated forward bend (B). Release your hands down to the floor and drop your chin onto your chest. Continue as instructed.



Yoga Mudra. This is a repeat of the technique used on page 3 of this guide book except this time you cross your left leg in front of your right leg and hold onto your right wrist with your left hand.

The Staff with a Forward Bend. This is a repeat of the technique used on page 3 of this guide book.

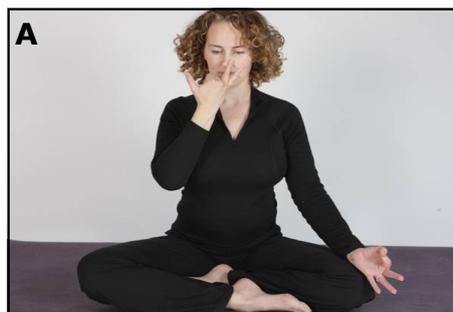
Hridiaya Mudra. Begin sitting with your right leg crossed in front of your left leg. Grow up out of the crown of your head, lift your lower stomach muscles, broaden your upper back and soften your shoulders away from your ears. Rest the backs of your wrists onto your knees with your palms facing up. Spread your fingers and roll the tips of your index fingers down to the base of your thumbs. Join the tips of your middle and ring fingers to the tips of your thumbs and extend your little fingers (A). Breath slowly through your nose. Continue as instructed.



The Hridiaya Mudra prevents prana leaving the body through the hands and redirects it to the heart. This mudra will help to strengthen the heart, balance emotions and is ideal to use during times of emotional conflict and crisis.

The Staff with a Forward Bend. This is a repeat of the technique used on page 3 of this guide book.

Alternate Nostril Breathing Pranayama. Begin sitting with your left leg crossed in front of your right leg. Broaden your upper back, soften your shoulders and grow up out of the crown of your head as you lift your lower stomach muscles. Place the back of your left wrist to your left knee with the palm facing up. Spread the fingers and roll the tip of the index finger down to the base of the thumb. Hold up your right hand and roll the index finger and middle finger down to the palm (A). You will be using your thumb to block your right nostril and your ring finger to block your left nostril. Continue as instructed.



Alternate Nostril Breathing balances the two sides of the brain and strengthens the lungs. It can be used to relieve the symptoms associated with migraine.

The Staff with a Forward Bend. This is a repeat of the technique used on page 3 of this guide book.

Brahmari Pranayama. Begin sitting with your right leg crossed in front of your left leg. Broaden your upper back, soften your shoulders and grow up out of the crown of your head as you lift your lower stomach muscles. Rest the backs of your wrists onto your knees with your palms facing up. Spread your fingers and roll the tips of your index fingers down to the base of your thumbs (Chin Mudra). Breath slowly through your nose. When instructed inhale fully inflating your lungs, as you exhale lightly place your index fingers into your ears with your elbows lifted out to the sides of your body and hum (A). As you inhale again return your hands to Chin Mudra. Continue as instructed.



Brahmari lifts your mood and calms the mind. It can be used to prevent and treat mild depression.

The Staff with a Forward Bend. This is a repeat of the technique used on page 3 of this guide book.

Bhoochari Mudra. Begin sitting with your left leg crossed in front of your right leg. Grow up out of the crown of your head, lift your lower stomach muscles, broaden your upper back and soften your shoulders. Place your left wrist onto your left knee with the palm facing down. Spread the fingers and roll the index finger down to the base of the thumb. Lift your right arm up with the elbow out to the side and place the thumb of your right hand to your top lip. Keep the right hand flat with the palm facing down (A). Look to your little finger as you breath slowly through your nose. Continue as instructed.



This mudra helps to develop concentration skills. It also calms and relieves anger and is ideal to use as preparation for meditation.

Relaxation Meditation. When instructed take yourself down onto your back and draw your knees in towards your chest holding on to your knees or your shins (A). Close your eyes and breath slowly through your nose. When instructed place your feet to the floor keeping your knees bent. Allow your knees to fall out to each side as you join the soles of your feet. Lift your arms up above your head and soften the arms down into the floor as you breathe slowly through your nose. Continue as instructed. When instructed extend your legs so that you are laying flat on your back with your hands beside your hips and the palms facing up (B). Continue as instructed.



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