

SEATED RELAXATIONS



GUIDED RELAXATION SESSIONS

Sue Fuller

YOGA2HEAR

Seated Relaxations Guide Book

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

Seated Relaxations

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Seated Relaxations

Introduction.

Thank you for purchasing the Yoga 2 Hear Seated Relaxation sessions.

The sessions have been devised to be used whilst sitting in a comfortable chair. They use simple, easy-to-follow rhythmic yogic breathing and relaxation techniques that will de-stress, relax, refresh and recharge your whole body and mind.

Without proper relaxation our bodies and minds can become overworked and inefficient. It is therefore important to set aside a little time each day for the body and mind to unwind and recoup their energies.

It is said that true relaxation is experienced when little or no energy is being used by the body and mind. Since every action, conscious or unconscious, uses energy, deep relaxation is vital for good health and peace of mind.

The yogic breathing exercises and relaxation techniques used in these sessions will develop your ability to calm and still the mind and allow you to experience total mental relaxation followed by a deep sense of physical well being.

We hope you enjoy this session and are keen to hear any comments you may have. If you would like to let us know what you think or would like information on our range of yoga classes and relaxation sessions, please visit us at www.yoga2hear.co.uk.

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Before you start.

Please follow these sessions whilst seated comfortably in a supportive, stable chair with a high back as you will be instructed to relax back into the chair towards the end of each session.

Slow, controlled rhythmic breathing is a fundamental part of these sessions. With a little practice you will find that your breath becomes slower and easier to control, as this happens and the techniques used in the sessions will become more and more effective.

In order to gain the maximum benefits possible each session should be followed from start to finish without disruption. If for any reason you do need to interrupt the session we recommend you re-start from the beginning.

These relaxation sessions can be used in many situations, for example, at work or home during or after a tough day, whilst in a waiting room, during a flight or train journey, etc, etc the possibilities are almost endless.

These sessions must under no circumstances be played aloud during a car journey as they may cause the driver to lose concentration.

Finally, please ensure you listen carefully to the introduction at the beginning of each session and that you follow the recommendations at all times.

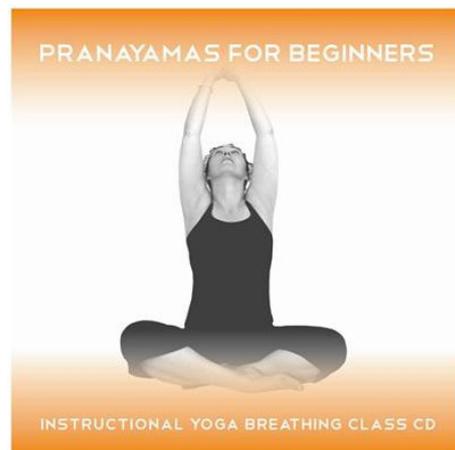
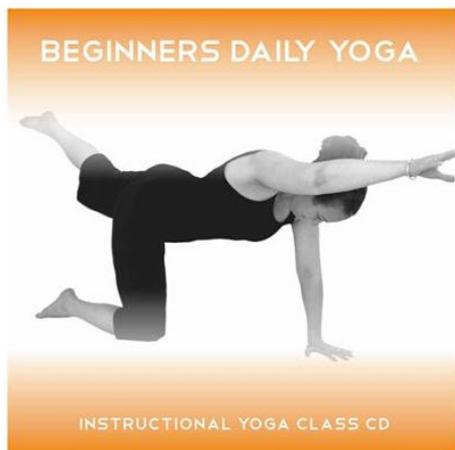
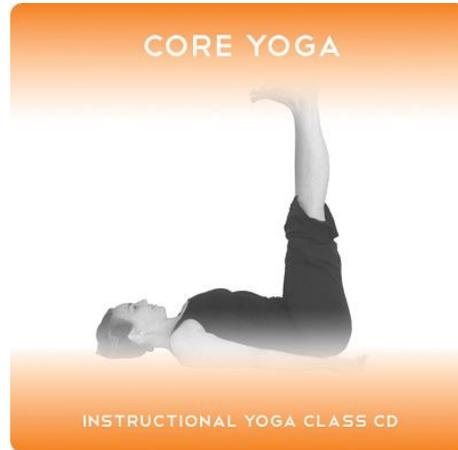
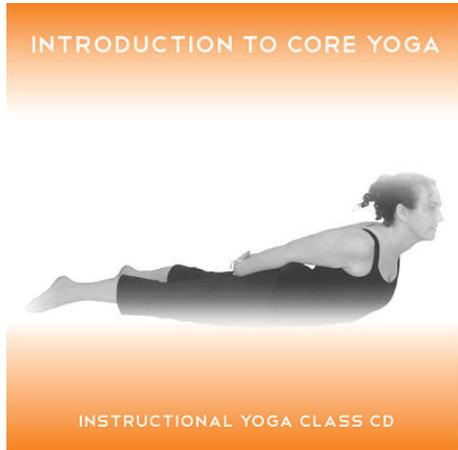
Relax and enjoy the sessions.

Sue.

Sue Fuller.

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our other titles include



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