

Check out my yoga for runners app on iTunes



1.



2.



3.



4.



5.



6.



7.



8.



9.



10.



11.



12.

13. Three rounds of classic sun salutations



Inhale



Exhale



Inhale



Hold the breath



Exhale



Inhale



Exhale



Inhale



Exhale

Inhale



Exhale



Inhale



Exhale



Inhale



Hold the breath



Exhale



Inhale



Exhale



Inhale



Exhale



Inhale



Exhale



14.



15.



16.



17.



18.



19.



20.



option to lift the toes.



21.



22.



23.



24.



25.



26.



27.



28.

1. Wide legged child's pose for 10 breaths.
2. Cat cow for 8-10 rounds. Inhale in cow, spine down and head up, exhale in cow, round your back head down.
3. Hip rotations. Make 12 forward circles followed by 12 backward circles then switch legs.
4. Downward dog for 3 breaths.

Right leg leads

5. Lunge for 6 breaths.
6. Lunge twist for 6 breaths.
7. Crescent lunge for 6 breaths.
8. Half splits for 6 breaths.
9. Downward dog

Left leg leads 5-9

10. Forward fold 3 breaths.
11. Chair on toes 6 breaths.
12. Standing pigeon 6 breaths on each side.
13. 3 rounds of classic sun salutes
14. Standing wide leg forward bend with hands clasped 10 breaths.
15. Sway your hips from side to side bending alternate knees. Do as many as you like to release tension.
16. Plank 3-10 breaths.

17. Extended locust. Inhale raise right arm and left leg up. Exhale down and then switch. Move opposite limbs. Inhale up and exhale down.

18. Child's pose for 6 breaths.

19. Downward dog to transition to...

20. Runners stretch right leg leads (option to lift the toes.) 6 breaths

Return to downward dog and come into runners stretch with the left leg leading.

21. Downward dog

22. Gecko right leg leads, 6 breaths

Return to downward dog and come into gecko with the left leg leading.

23. 3 legged dog right leg up 3 breaths then come into....

24. Pigeon with the right leg leading as long as you like.

Return to 3 legged dog and come into pigeon with the left leg leading.

25. Seated twist with right leg bent 6 breaths into...

26. Head to knee pose over left leg 6-10 breaths.

Repeat 25 and 26 on the other side.

27. 2 legged seated forward bend.

28. Twist and quad stretch. Move the legs from side to side about 8 times.

Happy Yoga!