1. Hip rotations. Raise your right knee to the side and make 15 forward circles then switch directions for 15 more. Repeat with the left leg.

2. Calf stretch. Inhale raise your arms and heels up and exhale down. Repeat a dozen times.

3. Foot taps. Bend your right knee to tap your foot to your left hand. Repeat 10 times then switch sides.

4. Dead lifts. Inhale bend and raise your right knee, exhale swing the leg back and the arms down. Continue on the same side 10-20 times. Repeat with your left leg.

5. Toy soldier. Inhale raise your leg to touch the opposit foot to hand, exhale to lower. Alternate.

Not in photos: Walking lunges and butt kicks

Check out my yoga for runners app on iTunes
1. Leg stretches with strap. Hold each stretch about 10 breaths. To stretch the hamstrings bring the right leg up the ceiling and hold about 10 breaths. Then bring the leg out to the right to stretch the inner thigh, hips and groin, then cross the leg to the left to stretch the IT band. Switch to the left leg.

2. Feet and triceps stretch. Sit on your heels with your toes curled under. If you want more sensation lean back, if you want less lean forward. Raise your arms up and bend your right elbow. Press it down with the help of the left hand. Hold for about 6 breaths then switch arms.

3. Downward Dog

4. Lunge for 6 breaths.

5. Crescent lunge for 6 breaths.

6. Half splits for 6 breaths.

7. Downward dog Left leg leads 4-6

8. Forward fold 3 breaths.

9. Stand to transition to...

10. Standing wide leg forward bend with hands clasped 10 breaths.

11. Sway your hips from side to side bending alternate knees. Do as many as you like.

12. Downward Dog to transition to...

13. Plank 3-10 breaths.

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

15. Childs pose for 6 breaths.

16. Downward dog to transition to...

17. Gecko right leg leads, stay as long as you like then return to downward dog and come into gecko with the left leg leading.

18. 3 legged dog right leg up 3 breaths then come into....

19. 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. 2

20. Boat. 3-6 breaths Repeat up to 3 times.

21. Seated bound angle. 6-10 breaths

22. Bridge for 6 breaths.

23. Twist and quad stretch. Move the legs from side to side about 5 times.

24. Knees to chest for a few breaths to adjust the spine.