

# Yoga For Runners



Lean against support with or without block between thighs. Lower into a squat. Hold 5 breaths.



Place hands against support so torso is parallel with ground. Contract thighs. Hold 5 breaths.



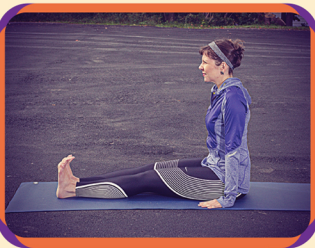
Place foot against calf or thigh, arms to sides or overhead. Repeat other side.



Low squat pressing elbows against knees to open hips. Hold 5 breaths.



Sit on heels with toes curled under to stretch shins. Hold 5 breaths.



Bring toes towards you, thighs engaged and hands pressing into ground. Hold 5 breaths.



Balance on sit-bones with a straight back and open chest. Hold 5 breaths.



Push hips towards sky and roll shoulders under with palms flat or fingers interlaced. Support with block as needed.



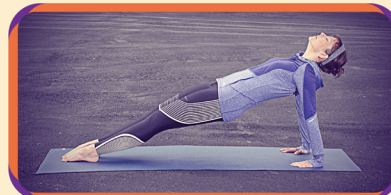
Cross right knee over left and hold feet. Repeat with left knee over right.



Press hands into ground while lifting hips towards the sky. Hold 5 breaths.



Press evenly into both hands while balancing on curled toes. Hold 5 breaths.



Reach hands behind hips with fingers facing forward. Lift hips and plant toes. Hold 5 breaths.



Hand under shoulder, push hips upwards, bending one knee for support if needed. Repeat other side.



Inhale, look up and arch back down. Exhale, contract abs and arch back up. Repeat x 5.



Lift right hand and left leg, chin tucked. Hold 5 breaths. Repeat other side. Hold foot if desired.



Press foot against thigh while supporting torso on opposite arm. Repeat other side.



Link fingers behind back and lift chest. Hold 5 breaths.



With knees hip-width apart lean forward and press hands into ground. Hold 5 breaths.

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