

RUNNER'S

YOGA

Running and Yoga: Perfect Together

Yoga provides the perfect balance

to keep your runner's body healthy. Here are a few reasons why.

- Adding a few key yoga poses into your workout will not only improve your balance; it will elongate your muscles, which in turn will lengthen your stride and range of motion.
- Yoga can also teach you how to breathe—something many athletes struggle with, even at elite levels. Practicing breath control can help you strengthen your diaphragm and improve endurance.
- Last, but certainly not least, yoga can help prevent new injuries and treat old ones that have accumulated over the years. It's the perfect form of physical therapy!

The following poses are great at releasing tension in the hip flexors, hamstrings, glutes, and iliotibial (IT) bands.

Poses

- Downward Facing Dog
- Crescent Low Lunge Variation
- Single Pigeon
- Bound Angle
- Reclined Big Toe III with Strap
- Seated Forward Fold with Strap

TIP

If you find yourself looking enviously toward another's practice, take a moment to remember that yoga is not about winning or losing! Focusing on your own challenges and accomplishments is what gets you to the finish line.

- 1 • Begin on all fours with your knees hip-width apart and your hands shoulder-width apart.
 - Stack your hips over your knees and your shoulders over your wrists.
 - Walk your hands a few inches in front of your shoulders.
 - Curl your toes under, lift your hips, and straighten your legs.
 - Push into your palms to draw more energy into your lower body to help elevate your pelvis.
 - Press down evenly with all 10 fingers.
 - Keep your arms straight and rotate your outer upper arms inward to broaden your upper back.
 - Draw the front of your rib cage in and press your legs back.
 - Extend your heels away from your toes and pull them toward the floor.
 - Hold for at least 1 breath or up to several minutes.



Downward Facing Dog



- 2**
- Begin by standing with your feet hip-width apart.
 - Relax your shoulders and let your arms rest along your sides, palms to the front.
 - Step back about one leg length with your right foot as you bend your left knee to a 90-degree angle.
 - Keeping your feet hip-width apart, with your weight resting on the heel of your left foot, lower your right knee to the floor, extending your right foot behind you.
 - Drop your arms to the floor and lean forward parallel to your front leg as shown.
 - Hold for at least 1 breath or up to several minutes.
 - Repeat on the opposite side.



Crescent Low Lunge Variation

- 3**
- Begin in Downward Facing Dog (page 3). Step your left leg forward and slide your foot toward your right, working to get your shin parallel to the front of the mat.
 - Keep your back leg straight as you lower your pelvis to the floor.
 - Roll the outside of your left leg down by pushing into the outside edge of your foot. Even out your hips.
 - Keep your front foot flexed.
 - Roll your right ribs down toward the ground and rest on your forearms.
 - Hold for at least 8 breaths or up to several minutes.
 - Repeat on the opposite side.



Single Pigeon

- 4
- Begin seated. Bend your knees and bring the soles of your feet together with your toes pointing forward and your heels close to your pelvis.
 - Grab hold of your feet and separate the soles like you're opening a book.
 - Keep holding on to your feet as you fold forward, pulling your belly toward your feet and your head toward the floor.
 - Avoid rounding your spine.
 - Use your elbows to pin your legs down and help your knees come closer to the floor.
 - Hold for at least 8 breaths or up to several minutes.



Bound Angle

- 5
- Begin by lying on your back.
 - Keep your right leg on the floor and bend your left knee, hooking a strap over the ball of your foot.
 - Straighten your left leg up toward the ceiling, keeping your foot over your hip, and lower your left arm flat on the floor in line with your shoulder.
 - Bring your left leg over to the right, letting your leg hover above the floor.
 - Keep the left shoulder rooted toward or on the floor.
 - Hold for at least 8 breaths.
 - Repeat on the opposite side.



Reclined Big Toe III with Strap

Bonus: Energy

- 6
- Begin seated, with your legs together and extended straight out in front of you.
 - Root into your hips and lift your chest.
 - Keep your spine long and lean forward to wrap a strap around the balls of both feet.
 - Inhale and extend your chest.
 - Exhale and, without rounding your back, lengthen your torso over your legs.
 - Relax your neck and shoulders.
 - Press your thighs down and keep your feet flexed.
 - Hold for at least 8 breaths or up to several minutes.



Seated Forward Fold with Strap

While yoga is a restorative act,

it can also fire up your system and release massive amounts of energy from within—a much healthier (and less expensive) option than an extra-large cappuccino with a double shot of espresso!

If the holds feel too long, tailor them to your needs and build up to the full holds. The key is to do enough to get your energy flowing and break through whatever has been holding you back.

Poses

- Stretch
- Spine Roll
- Knees to Nose
- Ego Eradicator

BREATH OF FIRE

Breath of Fire is a style of breathwork that creates energy from within. (It tones your abs, too!) Start seated, breathing deeply in and out through your nose. At the top of your inhalation, exhale sharply, releasing all of the air by engaging your diaphragm. As soon as the air is out, inhale sharply and immediately exhale using your diaphragm as a pump. Your breathing should be so fast that the inhalation will happen almost without any thought; the primary focus of this exercise is on making the little punching sensation in your core to help release the breath.



- 1 • Lie on your back and lift your legs and chest about 12 inches off the ground.
• Reach your fingers toward your toes and practice Breath of Fire (see page 9) for 2 minutes.



Stretch

- 2 • Pull your knees into your chest and roll back and forth on your spine for 1 minute.



Spine Roll

- 3 • Hug your knees into your chest and reach your arms along your body or behind your neck for support.
 - Practice Breath of Fire (see page 9) for 2 minutes.



Knees to Nose

- 4 • Begin seated and cross one lower leg in front of the other, bringing your heels under your knees and keeping your feet flexed.
 - Root into your hips to lift your chest and keep your spine tall.
 - Lift your arms up to 60 degrees and make a fist, thumbs stretched up.
 - Practice Breath of Fire (see page 9) for 3 minutes.



Ego Eradicator



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Before you undertake a new health program or fitness regimen, we encourage you to discuss your plans with your health care professional, especially if you have not exercised for several years, are over 35, or are overweight.



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