


















Yoga for runners – some basic poses

Pose	Pointers and variations	Image
Mountain pose	<ul style="list-style-type: none"> Plant feet firmly; engage quadriceps (knee caps lift) Drop shoulders away from ears; squeeze shoulder blades together <p>Variations</p> <ul style="list-style-type: none"> Lift toes to feel the corners of the feet Explore tucking and pointing tail bone 	 DAVID MARTINEZ
Upward salute	<ul style="list-style-type: none"> From mountain pose, inhale, raise arms alongside ears Lengthen torso; look up <p>Variations</p> <ul style="list-style-type: none"> Arch to one side, then the other 	 DAVID MARTINEZ
Forward fold	<ul style="list-style-type: none"> From upward salute, exhale, fold forward, bring sternum toward the floor and then toward thighs Hands, fingers line up with toes <p>Variations</p> <ul style="list-style-type: none"> If hamstrings are tight, bend the knees!! Hand position: each hand holds opposite elbow 	 DAVID MARTINEZ
High plank	<ul style="list-style-type: none"> From forward fold, place hands firmly on floor (bend the knees if necessary) Step right leg, then left leg, behind you Wrists directly below shoulders; palms press into the floor Engage abdominal muscles; lengthen entire body Focal point is few inches in front of hands <p>Variations</p> <ul style="list-style-type: none"> Knees on the floor 	 DAVID MARTINEZ
Low plank	<ul style="list-style-type: none"> From high plank, bring sternum toward the floor Engage abdominal muscles (!) Focal point is few inches in front of hands <p>Variations</p> <ul style="list-style-type: none"> Knees on the floor 	 DAVID MARTINEZ
Upward facing dog	<ul style="list-style-type: none"> From low plank, press into palms Lift sternum toward the sky; come to tops of feet Look up softly (but don't strain the neck) <p>Variations</p> <ul style="list-style-type: none"> Bring knees, chest, chin (in that order) to the floor 	 DAVID MARTINEZ
Downward facing dog	<ul style="list-style-type: none"> From upward dog, press into palms, tuck toes; use abdominal muscles to pull hips back Lengthen arms, torso; press palms into the floor Feet hip-width apart Focal point is space between thighs; let head hang loosely <p>Variations</p> <ul style="list-style-type: none"> Pedal feet, bend knees, lift up to balls of feet 	 MARTY SCONDUTO
Chair	<ul style="list-style-type: none"> From mountain pose, press knees together and bend Extend arms up; look up gently (don't strain the neck) <p>Variations</p> <ul style="list-style-type: none"> Explore tucking and pointing tail bone 	 CHRIS ANDRE
Lunge	<ul style="list-style-type: none"> From downward dog, bring knee toward chest; place foot between hands, knee over ankle Lengthen back quadricep; drop hips toward the floor <p>Variations</p> <ul style="list-style-type: none"> Low lunge: Drop back knee to the floor; point toes behind you; sink hips toward the floor 	

Warrior A	<ul style="list-style-type: none"> ▪ From lunge, place back heel on the floor, toes pointed slightly toward front; knee over ankle ▪ Raise torso to perpendicular with floor ▪ Raise arms alongside ears, look up slightly ▪ Engage abdominal muscles (!) <p>Variations</p> <ul style="list-style-type: none"> ▪ High lunge: lift back heel off floor, lengthen and engage quadriceps, sink hips toward the floor 	
Warrior B	<ul style="list-style-type: none"> ▪ From warrior B, bring back foot perpendicular with front foot ▪ Open torso to the side, extend arms front and back ▪ Lengthen and engage quadriceps ▪ Front knee over ankle ▪ Engage abdominal muscles (!) ▪ Sink hips toward the floor 	
Bound angle	<ul style="list-style-type: none"> ▪ Seated on the floor, bring feet together, heels towards groin ▪ Use hands to open soles of feet ▪ Use forearms to press into thighs ▪ With flat back, fold forward gently, bringing sternum toward feet <p>Variations</p> <ul style="list-style-type: none"> ▪ Round the back and fold forward, bringing forehead toward feet 	
Head-to-knee	<ul style="list-style-type: none"> ▪ Seated on the floor, one leg extended, bring sole of foot into opposite thigh ▪ (Make sure the knee is comfortable here. If not, adjust angle of bent knee.) ▪ Twist slightly toward outside of extended leg, fold forward gently, hands reach toward (and hold) front foot 	
Seated twist	<ul style="list-style-type: none"> ▪ Seated on the floor, bring knee towards chest, foot on the floor ▪ Extend opposite arm toward the sky, twist toward bent leg and hook elbow onto outside of knee/thigh ▪ Place other arm on the floor behind you for support, look over back shoulder ▪ Lengthen the spine while inhaling, twist more deeply while exhaling 	
Boat	<ul style="list-style-type: none"> ▪ Seated on the floor, shift weight to just behind sit bones ▪ Extend legs and arms (palms face each other) ▪ Engage upper and lower abdominals ▪ Look at your feet <p>Variations</p> <ul style="list-style-type: none"> ▪ Bend your knees (especially if you feel strain in the quadriceps) 	
Bridge	<ul style="list-style-type: none"> ▪ Lying on back, bend knees to place feet on floor ▪ Use arms to lift torso off the floor ▪ Walk shoulders toward each other on the floor ▪ Use abdominals to press pelvis toward the sky (head remains on floor) <p>Variations</p> <ul style="list-style-type: none"> ▪ Clasp hands together on the floor 	
Legs up the wall	<ul style="list-style-type: none"> ▪ Bring sit bones to the wall, lift legs to perpendicular with floor <p>Variations</p> <ul style="list-style-type: none"> ▪ Place blanket or bolster under your hips, low back ▪ Extend arms over head ▪ Allow legs to drop open to wide angle 	

For all poses: Please remember to breath !!!