

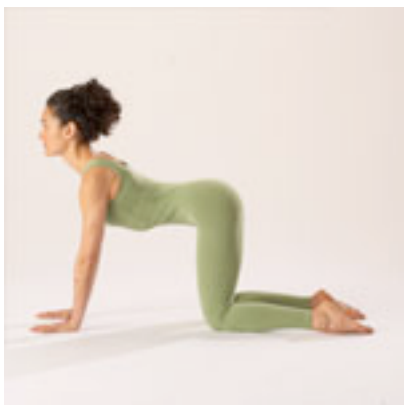
## 10 Minute Yoga Sequence for Runners and Energy Balance

(photos compliments of YogaJournal.com)



### **Anjali Mudra** **Salutation Seal**

1 Minute: Begin by sitting in easy pose on your mat, bringing your palms together at your heart center. Draw in your belly and sit up nice and tall, creating length and space in your spine. Close your eyes and focus on your breath. Work on lengthening each breath until you can mentally count off "1-2-3-4" on the inhale, and "1-2-3-4" on the exhale. Focus on the mantra "Sat Nam" in your mind as you breathe. Think "Sat" as you inhale for 4 counts, and "Nam" as you exhale for 4 counts. This mantra helps you connect to the true person you really are. It literally means: "I am truth."



### **Bitilasana** **Cow Pose**

1 minute: Transition to your hands and knees. Knees are hip width apart, hands are shoulder width apart. Keep your fingers spread wide. Staying connected to your deep breaths, practice cat/cow to warm up the spine, the core and the heart center. Inhale and arch the back, drop the belly toward the floor, roll the shoulders back, lift the head and open up that lovely heart center!

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MARTIN SCODUTO

### **Marjaryasana**

#### **Cat Pose**

Exhale, tip the bottom of the pelvis forward, drop the head and round the spine, reaching it towards the ceiling. Continue cat/cow for 1 minute.



MARTY SCODUTO

### **Adho Mukha Svanasana**

#### **Downward-Facing Dog**

1 minute: transitio from hands/knees to "down dog" by bringing your body to a neutral, flat back "table top" position. Move your palms a few inches forward of your shoulders on the floor. Tuck your toes under. Take a deep breath in, then exhale and reach your hips up and back, extending your legs and arms up into down dog. Try to lighten the weight on your shoulders and arms by drawing you energy back and up from your hips and pelvis. If your hamstrings/calves are stiff, you may not yet be able to draw your heels to the floor. That's OK! Just breathe deeply and gently try to reach those heels towards the floor, draw the hips/pelvis up and back, and reach that heart center forward. Remember to relax your neck and head.

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DAVID MARTINEZ

### Lunge

1 minute: inhale and extend your right leg up behind you in down dog, keeping your hips squarely pointed at the floor. Exhale and bring the right foot forward between your hand for a lunge. Take care that your right knee is positioned directly over your right ankle. You should be resting very light weight on your fingertips. Breathe deeply and hold this pose for one minute, focusing in drawing in your core abdominal muscles for support, lengthening your spine and reaching extending nice and long out through that back left leg and heel.



MARTY SCONDUTO

### Anjaneyasana

#### Low Lunge

1 minute: lower that left knee to floor/mat and release your left toes. Inhale and raise your arms overhead. this low lunge will help stretch tight hips and quads. Breathe!

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### Plank Pose

1 minute: transition from low lunge by lowering your arms, placing your palms on either side of your front foot, tucking your left toes under, and drawing your right foot back to meet your left foot. Shift your hips forward, bringing your shoulders right over your wrists into plank position (like you're about to do a pushup). Be mindful that your booty isn't sticking way up and your hips and pelvis aren't shifted backwards. Try to keep a nice flat line with your body and use your core abdominal muscles to sustain you in this pose. Stay nice and broad in your upper back; don't sink between your shoulder blades. Inhale deeply here, then exhale and lower your belly to the floor, keeping your elbows tight at your sides for support.



### Bhujangasana

#### Cobra Pose

1 minute: once you have lowered yourself to the floor from plank, try a gentle/modified cobra pose. Keep your hips/pelvis on the ground. Keep those shoulders rolled back and down, reaching forward and up with the heart center. Try to keep your wrists positioned under your shoulders and gently hug your arms in to your sides for stability and alignment.

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MARTY SCORDUTO

### **Adho Mukha Svanasana** **Downward-Facing Dog**

Inhale deeply, tuck your toes, and exhale back into down dog.



DAVID MARTINEZ

### **Lunge**

Inhale and lift your right leg back into down dog split (keeping hips square) and step your right foot forward between your palms again in a lunge. Reach through that back heel and keep your front knee over your front ankle.



### **Prasarita Padottanasana** **Wide-Legged Forward Bend**

Rotate both feet and your body towards the left wall, transitioning into a wide-legged forward fold. Remember to relax the head and neck; it's OK if the crown of your head doesn't reach the floor. Reach back and up with the hips and pelvis, as you do in down dog, creating length and space in the spine.

## 10 Minute Yoga Sequence for Runners and Energy Balance

(photos compliments of YogaJournal.com)



DAVID MARTINEZ

### Lunge

Walk your hands over to your right foot and transition back over to lunging again with your right foot in front.



### Plank Pose

Draw your right foot back to meet your left and transition to plank pose. Shift your hips forward, bringing your shoulders right over your wrists into plank position (like you're about to do a pushup). Be mindful that your booty isn't sticking way up and your hips and pelvis aren't shifted backwards. Try to keep a nice flat line with your body and use your core abdominal muscles to sustain you in this pose. Stay nice and broad in your upper back; don't sink between your shoulder blades. Inhale deeply here, then exhale and lower your belly to the floor, keeping your elbows tight at your sides for support.



### Bhujangasana Cobra Pose

Transition to a gentle/modified cobra pose. Keep your hips/pelvis on the ground. Inhale and keep those shoulders rolled back and down, reaching forward and up with the heart center. Try to keep your wrists positioned under your shoulders and gently hug your arms in to your sides for stability and alignment.

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### **Adho Mukha Svanasana** **Downward-Facing Dog**

Exhale and transition back to down dog. Take 4 long deep breaths.



### **Uttanasana** **Standing Forward Bend**

Inhale deeply, then exhale and walk your feet up between your hands, transitioning into a forward fold. Bend your knees slightly to soften any pressure on the lower back. Let the head and neck completely relax.



### **Ardha Uttanasana** **Standing Half Forward Bend**

Inhale halfway up, bringing that heart center forward and elongating the upper body. Exhale back into your fold.

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### **Urdhva Hastasana**

#### **Upward Salute**

Inhale up to standing, engaging your core abdominal muscles and legs for support. Sweep the arms up overhead into a slight backbend/



### **Tadasana**

#### **Mountain Pose**

Exhale and lower the arms. Stand quietly for 4 long breaths.

Transition back down to hands and knees and repeat the entire sequence above, this time lunging with the **left** foot in front. When you once again return to Tadasana, finish out your sequence with Eagle Pose, a great balance exercise, below...



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### Garudasana

#### Eagle Pose

Beginning in mountain pose, shift your weight to your right foot. Bend your left knee, lifting the left foot off the floor. Bend your standing right leg to lower your center of gravity. Inhale, then exhale and swing your left leg on top of your right leg. Try to wrap your left leg around your right and hook your left foot behind your right calf. If this is not possible, just find the closest approximation you can of twisting the legs and standing on one foot. Bend your standing leg a little bit more. To complete the pose with the upper body, start with your left elbow on the bottom, stack the right elbow on top, and wrap the forearms together, trying to meet the palms together in front of you. Inhale and lift the elbows slightly higher than shoulder level, reaching the palms slightly forward. You should feel a nice opening/expansion across the upper back. Exhale and slowly, carefully, unwrap the arms and legs and return to Tadasana. Repeat this pose on the other leg, making the left leg your standing leg and stacking your left elbow on top of your right elbow. Return to Tadasana.



### Anjali Mudra

#### Salutation Seal

Transition from standing to sitting on your mat in easy pose. Place the hands in Anjali mudra and perform your "Sat Nam" breath for 1 minute. You're done!