

YOGA FOR RUNNERS

Lori Grable, E-RYT

Shoulder Rolls – Sit with your hands resting on your knees and as you inhale lift both shoulders towards your ears. As you exhale, roll them back and relax them down the back of your body. Repeat 5-10 times.

Neck Stretch – Rest right finger tips a few inches from your right hip. Drop your left ear toward your left shoulder. Take 3 deep breaths. Then, continuing to drop the left ear toward your shoulder, drop your chin slightly and hold for 3 more breathes. Change sides.

Arm and Side Stretch – Reach arms over head and interlace finger tips. Reach your palms toward the ceiling and stretch from side to side.

Shoulder Stretch – Raise your right arm toward the ceiling and internally rotate your arm so that your thumb points behind you. Bend your right elbow and reach the finger tips down your back. Bend your left elbow behind your back and reach your left finger tips up your spine and towards your right finger tips. If finger tips reach, clasp them. Holding onto a belt with each hand is a good modification. Switch sides after several deep breaths.

Chest Opener – Sitting near the edge of your chair, interlace your fingers behind you with your palms facing each other. Lean slightly forward and gently lift your arms. Depending on the height of your chair, you may be able to rest your arms on the top of the chair back. Stay here for 5-10 deep breaths.

Seated Spinal Twist – Sitting upright, rotate your upper body towards the right side of your chair. Begin with your left hand on your right knee and rest your right hand on the back of your chair. Eventually, you may be able to take both hands to the back of your chair. Stay for 5-10 breaths and switch.

Seated Hip Stretch – With your left knee bent at a 90 degree angle, rest your right ankle on your left thigh, just above the knee. Drop your right knee towards the floor so that your legs form the shape of a number 4. Gently press your right knee towards the floor with your right hand. Lean forward to intensify the stretch. Change sides.

Seated Forward Fold – Sit on the edge of your chair with your feet firmly planted on the ground about hips width apart. Lean forward and allow your torso to rest on your thighs. Dangle your arms toward the floor and allow your head to be heavy. Stay for 5-10 breaths.



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Additional yoga poses (asanas) that are beneficial to runners:

- Mountain Pose
- Standing Forward Fold
- Chair Pose
- Warrior I
- Warrior II
- Triangle Pose
- Wide Leg Forward Fold
- Lunges (high or low)
- Hamstring Stretch (high or low)
- Wall Dog
- Legs up the Wall

“Yoga for Runners” Workshops

Specifically designed for the runner and held in the weeks leading up to the Pittsburgh Marathon on Sunday, May 2nd 2010, these workshops will be for all levels and no previous yoga experience is needed. Workshops will be held at BYS Yoga (1113 E. Carson Street, 3rd Floor) and taught by Lori Grable, E-RYT. Cost is \$15 per workshop or you may sign up for both for \$25.

- **Saturday, April 10th 2010 – 3:30-5 p.m.**
- **Saturday, April 24th 2010 – 3:30-5 p.m.**

