


















# Yoga for runners – some basic poses

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

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

***For all poses: Please remember to breath !!!***