

Yoga & Training

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Adding Yoga Poses to Your Training

If you are interested in incorporating some yoga asana into your training, I recommend including a few in your warm up or cool down.

Hold each pose for several breaths so you have time to work on both body and breath awareness in each pose.

Seated Twist

The hips twist when you run. In a seated twist, you keep your hips stationary and bring the full counter twisting action to the spine.



Downward Facing Dog

Strength and flexibility to the whole body, give the heart a rest while bringing fresh blood to the glands and head, may relieve fatigue, can minimize next day soreness in calves, hamstrings and back.



Hip Openers

There are too many options to choose one! Find some that feel good to you and practice them often. Pictured is Ankle to Knee pose.



Runners Lunge (pay close attention to the placement of the front knee right over the front ankle)

This stretches and strengthens opposing hamstring and hip flexors, allowing the lower back and hip joint to move more freely.



Forward Folds

Stretch the back of the body, rejuvenate the spine, bring a fresh supply of blood to the pelvis and quiet the mind.