

YOGA DOWNLOAD

TAKE YOGA ANYWHERE

Yoga for Runners Package



What will you get from this series:

- The perfect way to lengthen and stretch all the muscles that become extremely tight from running
- A wide variety of classes, teachers and lengths to fit your schedule and keep it fresh so you don't get bored
- Relaxing classes to help you unwind and stretch each of the muscles you use when running
- Flow classes that will get your body ready physically and mentally for your run

Benefits of a yoga practice for runners:

- Reduce muscle rigidity in the legs and release tension from connective tissue
- Greatly decrease the chance of injury from running
- Increase the strength, flexibility, and endurance of muscles needed for running
- Improve run time
- Create balance in the body and correct gait problems that can lead to knee, hip, and back pain
- Strengthen the respiratory system through emphasis on controlled breathing
- Increase mental toughness and learn to better focus on the present moment



Yoga for Runners w/ Dawnelle Arthur

Intermediate | 20, 30, 45 & 60 minute audio versions w/ PDF guides

Yoga for Runners was designed with the runner in mind, but is a flow for everyone to enjoy. This Power Yoga class helps you to enjoy life to the fullest, and will enhance your experience in any activity you choose: hiking, cycling, climbing, running, walking, or simply going about your busy day. Use this class after any athletic activity to stretch and lengthen your muscles, or any time you are looking to slow down, become focused and create space in your body and mind. Ahhh, you we feel amazing, refreshed, and renewed!



Yoga for Runners 2 w/ Jennifer Lux

All Levels | 60 min



Yoga for Runners 2 is the perfect complement to your running routine. This class is designed to lengthen and stretch the muscles that become tight with repetitive running, as well as strengthen the areas of the body necessary to become an even stronger athlete. Also appropriate for those who frequently bike, ski, or walk.



Hips, Heart, and Hamstrings w/ Lisa Richards

Intermediate | 50 min

It is often said in yoga that open hips and hamstrings equals an open heart. Enjoy a creative yoga class designed around these 3 key areas of the body. Find new and expansive openings to access deeper levels of body awareness and acceptance.



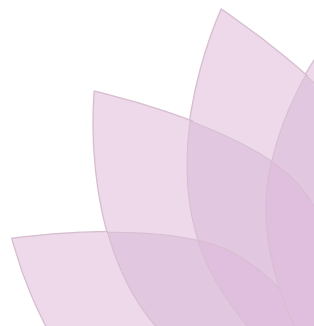
Qi Yoga for Runners w/ Kylie Larson

Adv. Beginner | 20 min audio class with PDF guide



Yoga is an excellent compliment to your running routine and will work to lengthen and strengthen the muscles and tendons that tighten after a run. It's also an excellent tool to help prevent injuries as yoga works to create a balance between both sides of the body. This class is designed to stretch those very areas that runners need most, including quads, hamstrings, calves and hip flexors, and will complete your workout perfectly.

Use this quick 20 min class just after your run, or any time you need a short and effective strengthening stretch..



Hip Opening Extravaganza w/ Ashley Turner

Intermediate | 25 min

One of the biggest contributors to lower back pain is tight hips. Clear the hips from every angle and flush the stagnation and compression that inevitably accumulates due to gravity and our sitting culture. You are guaranteed to leave feeling lighter, moving with more fluidity and grace. Accompanying meditation on rebalancing your emotions.

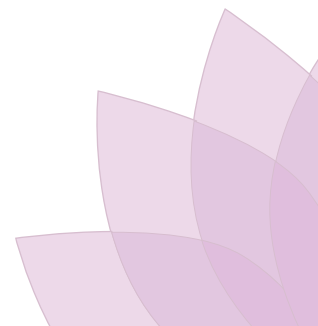


Hips and Hams w/ Channing Grivas

Adv. Intermediate | 60 min



Just as the name suggests, this class will work to create a deep and profound opening in your hips and hamstrings. Once the hips and hams are open and inspired, Channing moves you safely and comfortably into Hanumanasana, or the splits. Find yourself moving deeper into this posture than you ever have before as you're expertly warmed and stretched in all the right areas to take the post to the next level.



Post-Run Stretch and Flow w/ Kylie Larson

Intermediate | 25 min audio class with

PDF guide

This 25 min yoga routine will help to restore your legs after a run, bike ride, or other similar activity. These types of athletic activities can create tight quads, hamstrings, and hip flexors which can wreak havoc on your pelvis, lower back, and then rest of your body. This class will work to bring space and openness to those particular areas as well as the entire body, which will leave you feeling a whole lot better the next day, and will also help to prevent future injuries.



Hipnotic Hip Openers w/ Channing Grivas

Adv. Beginner | 55 min



Our hips are storehouses for stress, tension and emotional "gunk." This class is geared around getting into the deep muscles that surround the hips by holding poses for one minute or longer to get the deepest stretch possible and to release stubborn tension. By moving prana through these areas of stagnance, you'll not only feel more space in your physical body, but your emotional body will feel refreshed and invigorated!



Runners - Keep Running! w/ Celest Pereira

All Levels | 65 min

As a physical therapist and a yoga teacher, I work with lots of runners. There tend to be universal areas of runner's bodies that need strengthening, and others that need releasing. This class is designed to keep you training and keep you running - pain free and faster than ever!





Yoga for Runners

We sincerely hope you enjoyed all of the classes offered in our yoga for runners series!

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