

Yoga for Runners with Sage Rountree

All of these sequences appear on the Sage Yoga Training podcast, available at sagerountree.com.

Sun Salutations

Three half salutes

Sun salutations with lunges:

- high lunge
- balancing high lunge
- balancing low lunge
- low lunge with twist

Core and More

Plank/down dog (arrowhead plank/dolphin)

Side plank/mermaid stretch

Boat/cross-legged forward fold

Reverse table (reverse plank)/seated forward fold

Twists from kneeling

Core Flow

Plank

Side plank

Roll-downs/roll-overs/roll-ups/seated forward fold

Twisting core

Bridge with leg lifts

Hug knees

IT Band Express

Kneeling with backbend

Cow-face (arms optional)

Twist toward raised, bent knee

Rotate to wide-legged straddle

Twist from straddle, both sides

Cow-face

Twist toward raised, bent knee

Pigeon Sequence

Pigeon fold

Pigeon backbend (quadriceps stretch)

Head-to-knee

Twisting toward raised, bent knee

Stretch leg from table

Repeat second side

