

## Sun Salutations

These really are the best thing you can do. Daily would be great or just before a run. The Sun Salutations will warm, stretch and strengthen the whole body. Remember that on the online yoga page on my website you will find the Sun Salutations filmed with instructions so no excuses!

## Simple Hamstring Stretch



Standing about 15 cm away from a wall, bend your knees and hinge forward at the hips with your buttocks staying on the wall. Hold your elbows to put more weight into the stretch. You can stay here for a few minutes but come up slowly and rest your head on the wall as you may get a head rush.

## Effective Wall Quad and Hip Flexor Stretch



If you remember back to when we did this one in class it doesn't look quite as serene as the model in the photo but that's ok, it's about how it feels not how it looks. I like to place a cushion under the bottom knee for some padding. Start with the knee a few inches away from the wall and work it back over time.



## Simple IT Band Stretch

In this stretch it is important to squeeze the inner thighs together to gently stretch the IT band and keep your chest and hips square to the front. The side bends also stretches your obliques.



### Reclining Pigeon

Starting with the most gentle version of pigeon, a lovely stretch for the glutes. Focus on keeping your foot and knee in one line so that your shin is parallel. You can stay in this stretch for a few minutes before swapping sides.



### Upright Pigeon

In this version on pigeon the fact that you are weight bearing increases the stretch. This still works the glutes but might also stretch the inside thigh depending on how tight your abductors are. There shouldn't be any pain in the knee during this, if you do feel sensation in the knee stick with reclining pigeon.



### Pigeon with Quad Stretch

From a strong and balanced upright pigeon simply bend the back leg and take a hold with EITHER arm. The stretch will feel different depending on which arm you use and will also help to open the shoulders and upper back if you turn to look at the foot.



### Standing Pigeon Pose

Great for stretching and strengthening the glutes at the same time. Bending the standing leg, make sure to keep the knee above the ankle and tracking over the second toe. Place your other leg on top and start to sit down into the stretch.



### Downward Facing Dog

Lovely back stretch with bent knees, then start to walk the feet to get a nice hamstring, calf and Achilles stretch.