

Runners Flow Yoga Sequence

1



Sukhasana
Easy Pose

Start by sitting in a comfortable crossed legged position.
Take 5 full deep yogic breaths.

2



Adho Mukha Svanasana
Downward-Facing Dog

Step into an easy downward facing dog. Focus on lengthening the spine and working the heels down to the mat. Hold for 5 breaths.

3



High Lunge

Step your right foot forward into a high lunge. Hold for 5 breaths.

4



Anjaneyasana
Low Lunge

Place the back knee down. First root both hands down into the mat for 3 breaths then lift the arms to the sky for 3 breaths. Then place the right hand on the mat on the outside of the leg keep reaching up and over to the right with the left arm.

5



Adho Mukha Svanasana
Downward-Facing Dog



MARTY SCONDUTO

Return to downward facing dog for 5 breaths.

6



High Lunge



DAVID MARTINEZ

Stepping left leg forward for 5 breaths in high lunge.

7



Anjaneyasana
Low Lunge



MARTY SCONDUTO

Place the back knee down. First root both hands down into the mat for 3 breaths then lift the arms to the sky for 3 breaths. Then place the left hand on the mat on the outside of the leg keep reaching up and over to the left with the right arm.

8



Adho Mukha Svanasana
Downward-Facing Dog



MARTY SCONDUTO

Return to downward facing dog for 5 breaths.

9



MARTY SCOUNDTG



Eka Pada Rajakapotasana
One-Legged King Pigeon Pose

Step the right leg forward into pigeon for 3 breaths.
Then bend the back left knee drawing the foot in towards the bum and then reach back and round with the left arm to hold the back foot. Hold for 3-5 breaths.

10



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Adho Mukha Svanasana
Downward-Facing Dog

Transition through downward facing dog.

11



MARTY SCOUNDTG



Eka Pada Rajakapotasana
One-Legged King Pigeon Pose

Step the left leg forward into pigeon for 3 breaths.
Then bend the back right knee drawing the foot in towards the bum and then reach back and round with the right arm to hold the back foot. Hold for 3-5 breaths.

12



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Adho Mukha Svanasana
Downward-Facing Dog

Return to downward facing dog.

13



High Lunge



Step the right leg forward to transition to the next pose.

14



Prasarita Padottanasana
Wide-Legged Forward Bend



Fold forward over the legs keeping the tummy drawing in and up and the thighs active. Allow the hips to tip forward placing the stretch into the middle of the hamstrings and not near tendons. Hold for 5 breaths.

15



High Lunge



Turn back to the front leg to transition.

16



Adho Mukha Svanasana
Downward-Facing Dog



Step back into downward facing dog and then step or hop through to seated.

17



Paschimottanasana
Seated Forward Bend



Keeping the tummy and thighs engaged fold forward over the legs again letting the hips tip forward. Hold for 5 or 8 breaths.

18



Baddha Konasana
Bound Angle Pose



5 or 10 breaths allowing the hips to relax and open without forcing or pushing.

19



Sukhasana
Easy Pose



To come full circle return to a comfortable seated position and take 5 or 10 full deep yogic breaths.