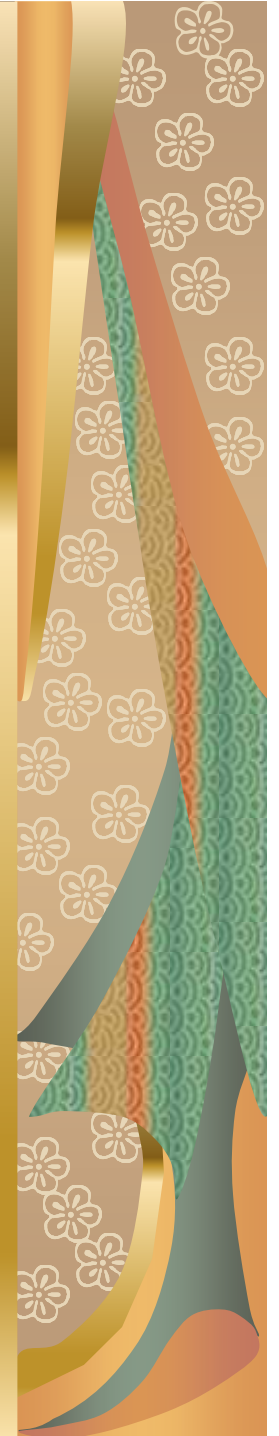


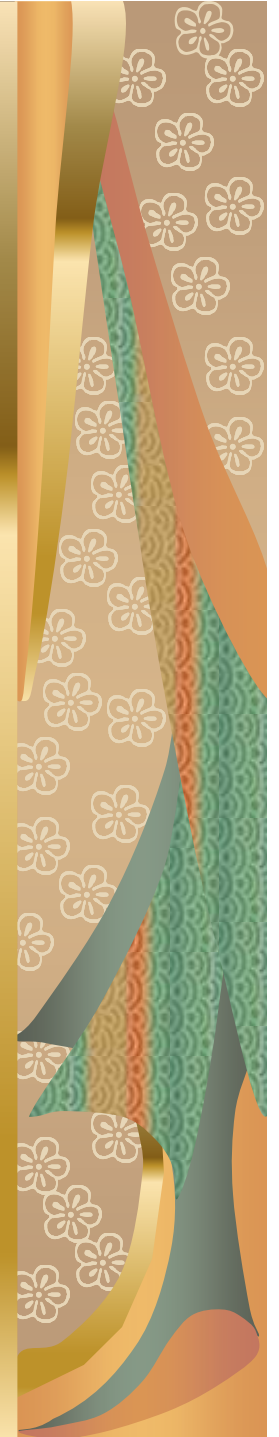
Yoga for Runners

Dr. Tulasi Vanapalli



Why?

- Concentration
- Visualization
- Breathing, Balance, Coordination

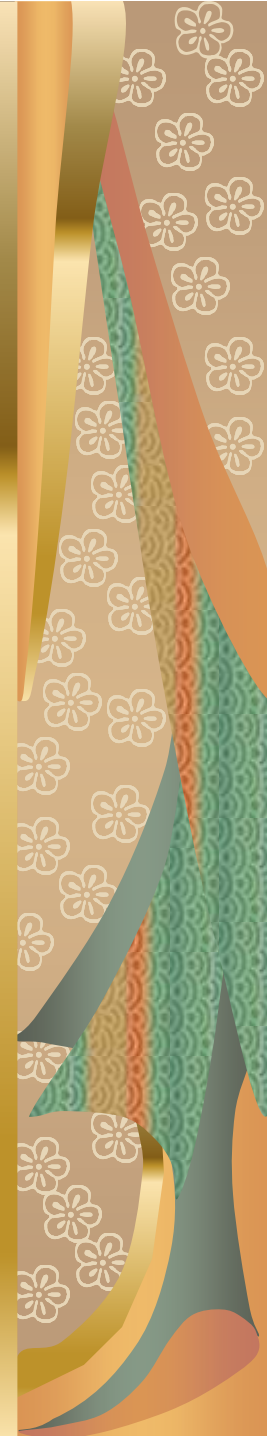


I'm too busy!

- 15 minutes a day – 8 poses

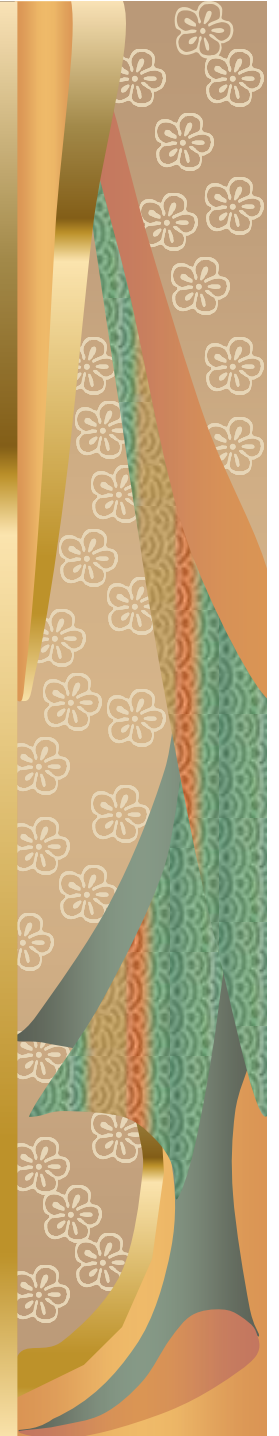
OR

- Sun Salutation: series of 6 poses



www.yoga.com – article “Yoga on the Run”

Downward Dog Pose



www.yoga.com – article “Yoga on the Run”

Triangle Pose



www.yoga.com – article “Yoga on the Run”

Tree



www.yoga.com – article “Yoga on the Run”

Bounded Angle Pose

