

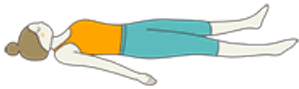
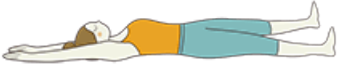




Reference Sequence: Yoga Sequence for Runners: Recovery Yoga Poses for Runners

- 30 mins • Intermediate Level
- Recover by cooling down the muscles put to work
- Hamstring, calves, feet and hip.

Yoga Sequence for Runners: Recovery Yoga Poses for Runners

When designing a yoga sequence for runners, it is very important to understand the muscles that are put to work while running, both, for sprinting and marathons. The need to contract the leg muscles soon after running will keep the muscles in good condition and also help in recovery from tightness or even from an injury. Taking care of the leg muscles after running is essential for athletes as it can avoid wear and tear.

Building flexibility around the legs and the hips will make the body lighter which eventually will help in running both short and long distances faster. Thus, given below are some of the important yoga poses to be practiced in a specific sequence right after running to keep the muscles strong and fit!

<p>8B Inhale-Exhale</p>  <p>1. Corpse Pose • Savasana</p>	<p>6B Inhale-Exhale</p>  <p>2. Corpse Pose Variation Arms Up Toes • Savasana Variation Arms Up Toes</p>	<p>12B Inhale-Exhale</p>  <p>3. Reclining Bound Angle Pose • Supta Baddha Konasana</p>
<p>8B Inhale-Exhale</p>  <p>4. Reverse Pigeon Pose • Sucirandhrasana</p>	<p>8B</p>  <p>5. Reverse Pigeon Pose • Sucirandhrasana</p>	<p>8B Inhale-Exhale</p>  <p>6. Reverse Pigeon Pose Variation 1 • Sucirandhrasana Variation 1</p>

8B

Inhale-Exhale



7. Reverse Pigeon Pose
Variation 1 • Sucirandhrasana
Variation 1

6B

Inhale-Exhale



8. Supine Spinal Twist Pose II •
Supta Matsyendrasana II

6B

Inhale-Exhale



9. Supine Spinal Twist Pose II •
Supta Matsyendrasana II

8B

Inhale-Exhale



10. Wind Release Pose •
Pawanmuktasana

6B

Inhale-Exhale



11. Reclined Big Toe Pose A •
Supta Padangusthasana A

6B

Inhale-Exhale



12. Reclined Big Toe Pose A •
Supta Padangusthasana A

6B

Inhale-Exhale



13. **Legs up the Wall Pose** •
Viparita Karani

6B

Inhale-Exhale



14. **Crocodile Pose** • Makarasana

6B

Inhale-Exhale



15. **Cat Tail Pulling Pose B**

6B

Inhale-Exhale



16. **Cat Tail Pulling Pose B**

12B

Inhale-Exhale



17. **Reverse Corpse Pose** •
Advasana

6B

Inhale-Exhale



18. **Corpse Pose Variation Chair**
• Savasana Variation Chair