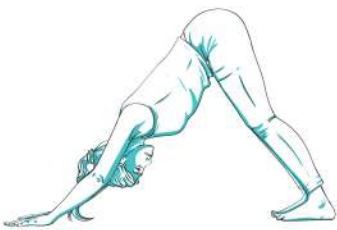


RUNNER'S RECOVERY YOGA ROUTINE

yogarove.com

Do after every run. Move slowly and hold each pose for 5 breaths.

1 Down Dog



2 High Lunge



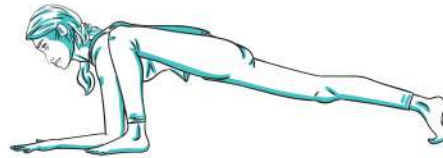
3 Crescent Lunge



4 Half Split



5 Lizard



6 Butterfly



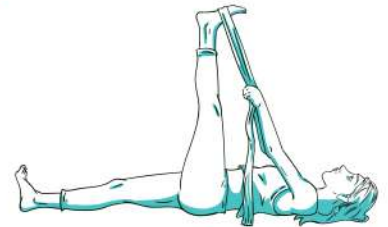
7 Seated Fold



8 Wide Legged Seated Fold



9 Reclined Big Toe



10 Savasana

