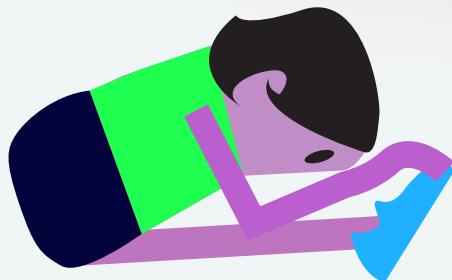




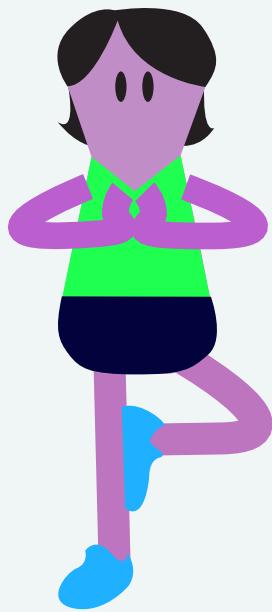
# Yoga Poses for Runners



Seated Forward  
Pose



Downward Facing  
Dog



Tree Pose

Yoga improves flexibility, range of motion, breathing and strength. Things that can bring your running to the next level. Running and yoga compliment each other.



Crescent Lunge



Supine Twist