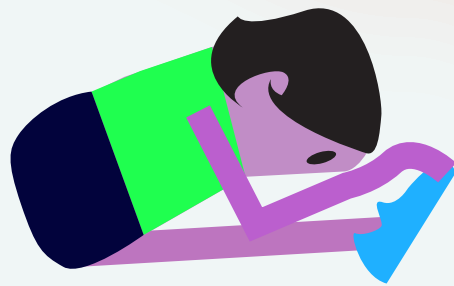
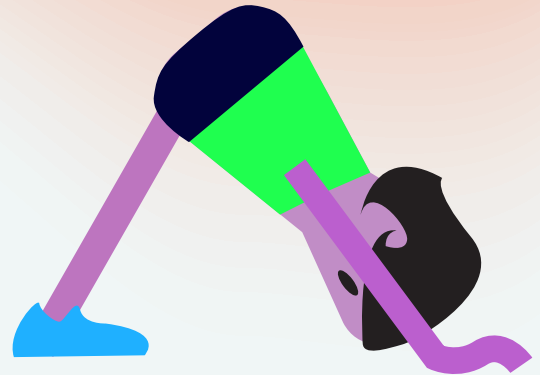


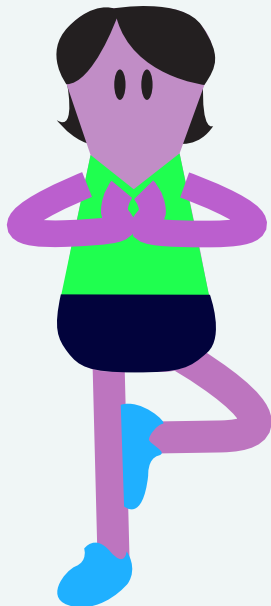
Yoga Poses for Runners



Seated Forward
Pose



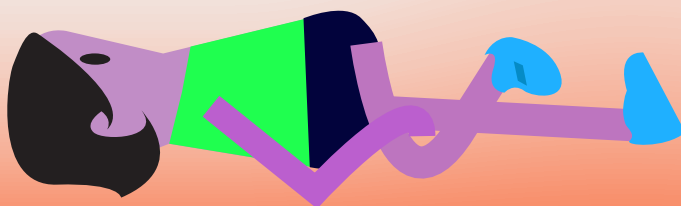
Downward Facing
Dog



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.

Supine Twist



Crescent Lunge