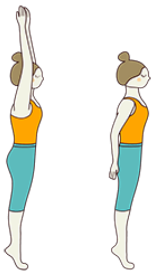


Warm-Up

1. Warm-up Options Breathe in and out through the nose. Keep your breathing slow and focus on the exhale. Soften into stretches with the exhale.

2. Generally do dynamic stretches to warm-up and static stretches to cool down. Select from the following postures or do the full workout.

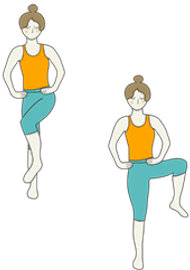
3. If you need more instruction on each posture, Google the name for a more detailed breakdown. Do right side then left side.



4. Moving Mountain Pose Calf, feet & shoulders activation Focus on keeping the shoulders relaxed, the chin tucked in and the ears in line above the hips which in turn are above the ankles.



5. Standing Ankle Rotation Warm-up ankle joints. Point and flex the toes and feet. These postures on one leg are also good for balance.



6. Standing Hip Rotations Warm-ups for hips Also good for strengthening back muscles and the ankle of the standing leg



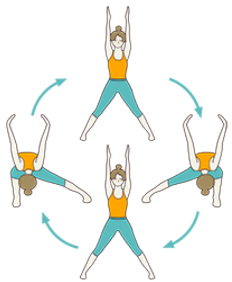
7. Wood Chopper Pose Shoulders, back and hips activation. Good to sound a loud "Haa" when you exhale out.



8. Standing Wind Release Pose Stretch into hip flexor and glutes. Keep your shoulders relaxed - think about the shoulder blades going down towards your back pockets.



9. Crescent Lunge Dynamic stretch for hip flexor and quads. Shoulder and arm activation. Step forward into the lunge, hold for a breath then step back and repeat on the other side. You can also do these as Walking Lunges across a room. Go as low as you can into the lunge.



10. Side Lunges and Forward Folds Strong activation of quads, back and shoulders. Remember to keep the shoulders relaxed and down.



11. Extended Mountain Pose with Backbend Static stretch to provide traction in spine. Keep the shoulders relaxed and stretch arms up either side of the ears.



12. Standing Side Bend Activation and stretch of the torso from the hips through the side ribs and under arms to the hand. Tuck one arm into the waist or let it drop down the leg while you stretch the other over to give a deep stretch to the side of the body. Breath into the ribs that are being stretched. Do this dynamically alternating sides. Keep the chin tucked in and try not to bend forwards or backwards.



13. Standing Forward Fold Flexion in spine, activation of hamstrings A good counter to the earlier back bend, this helps create space in the spine. Go carefully with forward folds if you have a history of issues with your discs and perhaps not go to the full depth of the pose. Never work through pain in the back.

14. Halfway Lift Dip the spine for traction here. It's actually a back bend. Look up and ensure shoulders are at same height as hips. You may well be able to dip the spine more than the image shows so you have a u-shape here. Hamstrings also activated



15. Revolved Standing Forward Fold A twist to activate the spine, shoulders and arms. Hamstrings also stretched. You can do this with a bent knee or keeping both knees straight (soft rather than locked out)



16. Ankle Stretch Tip back to stretch out the ankles and shins



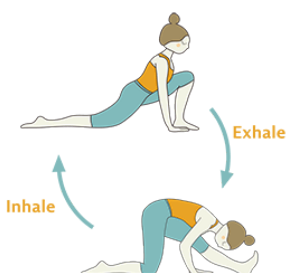
17. Thunderbolt pose A toe stretch that can be quite painful to the uninitiated. Great stretch for the feet and toes.



18. Cat Cow Activation of the spine and shoulders. Good gentle warm up which I'd suggest doing for several rounds. Options to shift the ribs up and down to loosen cervical spine. Also circle round to loosen hips. Flow with long inhales and exhales. Generally inhale when the chest opens (cow) and exhale into the angry cat shape.



19. Low Lunge Hamstring Flow Active stretching of calves and hip flexors. Do several rounds and go as low as you can to prepare the hamstrings for running.



20. The previous pose enables a dynamic hamstring stretch. Also perform this pose with one leg out to the side with the foot flat on the floor. Move forwards and backwards to stretch the adductors and 'floss' the hips.

21. Generally we use Static Cool Downs to stretch and relax key muscles. Hold each posture for several breaths to let the soft tissues (the fascia) to relax and get the full benefit of the stretch.

Cool Down

22. Reverse Warrior A good strong full body stretch. Also a great muscle toner for the core, arms and more. Ensure the knee does not extend over the front foot. If you know Warrior II you can start with that and flow into Reverse Warrior.



23. Extended Side Angle Another strong stretch up one side of the body. Multiple toning benefits too. Focus on getting the upper hip low so there is a straight line from fingertip to foot. Breath slowly through the nose through all these postures.



24. Triangle Pose Aa good stretch across the body. Notice the position of the feet in the image. Keep the legs straight. Do not try to touch the ground with the hand as the image shows (you are unlikely to be flexible enough to manage this depth with correct alignment) - aim for the inside of the forward knee with the back of the hand. The top shoulder should be stacked above the bottom shoulder and you are not leaning forward. Imagine that you have a pane of glass behind and in front of you. Do not touch the panes of glass.



25. Wide Legged Forward Fold Working quads, glutes, legs and opens hips. With a straight back hinge down from wide leg standing holding onto the shins or feet. Continue to breathe.



26. Wide Legged Forward Fold Mmove across to one ankle for a deep hamstring stretch. Straight legs (with a soft knee)



27. Wide Legged Squat over One Leg A great static adductor stretch. Very helpful for avoiding groin strain type injuries. Do this stretch regularly.



28. Goddess Pose Stretching hips, quads, adductors and other leg and arm muscles. Ensure the cactus arms are strong and active with the elbows high and pushing back. Drop low into the pose and keep the back straight with the tailbone tucked under. Try to put as much effort into holding this pose as you can. It's not about relaxing - it's about holding tension.



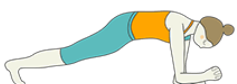
29. Half Pigeon This works the glutes, hips and lower back. It's a good hip opener, quad, hip flexor and psoas stretch. A bit tricky to get into if you are not familiar with it. Start in table top and move the right knee behind the right wrist. Wriggle the right foot up towards the left wrist (or leave it nearer the groin). The left leg wriggles back. Hold this posture for several minutes and ensure hips are square to the front of the mat. Hold for several minutes on one side then do the next stretch (King Pigeon) before doing the other side. Options are Reverse Pigeon/Figure 4 Pose lying on the back if you are struggling to get into Half Pigeon.

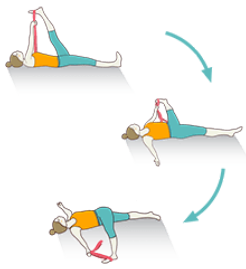


30. One legged King Pigeon You won't be able to get your arms overhead as in the diagram so instead, from Half Pigeon raise the back foot and turn behind and hold the ankle with that same hand (use a strap if you can't reach). This is a great quad stretch.

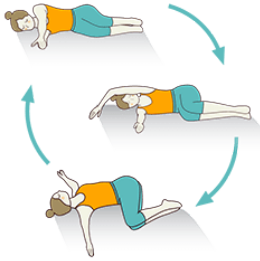


31. Lizard Pose This stretches out the hip flexors and hips. You don't have to come down onto your elbows. Most people are not that flexible so stay high on your hands. Hold the pose for a few minutes and continue to breathe.





32. Revolved Reclined Big Toe Pose with a Strap This flow opens up the hips, shoulders, collar bones and back. It's also a killer calf stretch for runners. Ensure the strap (use a dressing gown strap or a belt) is over the ball of the foot and the hands are as high as possible. Point the toe towards the face and the heel away from you. DON'T bend the knee. Hold each position for a couple of minutes at least. The first pose is good for runners to do EVERY day!



33. Side Reclined Shoulder Stretch A lovely soothing cool down that opens up the upper body and shoulders. Also great if you sit at a desk all day or have been driving. Start with the hands in a crocodile shape with the top hand extending forwards. The hand can come over the body keeping contact with the arm and collar bones on the way out and on the way back draw a rainbow arc on the floor above the heard. Repeat several times slowly.



34. Seated Forward Fold Stretch out the backs of the legs and the back. The trick here is to keep the back in traction (see the slight back bend in the image). Look up rather than down at the feet. You can then gently fold the body forwards but try to keep a straight back. This is not about curving the back forward to get the nose on the knee. Although you can take it there once you are in position if you prefer.



35. Supine Windscreen Wiper Pose Move the legs gently from side to side to release the back. Arms can also be beside the body.

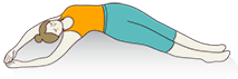


36. Supine Spinal Twist From the previous pose drop the knees to one side and hold. You can twist the forward leg over the other ankle if you like or hold that foot over the knee for a deeper stretch. Keep the shoulders on the ground and look over the back arm.



37. Happy Baby With arms inside the knees hold the outside of the feet (use a strap if need be) and have the feet flat towards the ceiling. Knees in towards the arm pits. Hold for a few breaths. A lovely back stretch. Try to keep the shoulders relaxed.

38. **Banana Pose** An excellent way of stretching down the side of the body. Take a full body stretch without the banana bend too.



39. **Legs up the Wall** A gentle inversion. It is good to allow the blood and gravity away from the feet. Relax and breathe.

