

FLEXIBLE WARRIOR: ATHLETIC YOGA FOR TRIATHLETES

Below is a sequence of seven yoga poses from the *Flexible Warrior: Athletic Yoga for Triathletes* DVD to stretch and balance your body after a swim, bike or run.

Practice Tips:

- Move slowly and deliberately from one pose to the next. Listen to your body.
- Do not force a stretch! Doing so will only tighten muscles and result in injury.
- Hold each pose for 5 –10 breath cycles before moving onto the next stretch.
- Focus on full diaphragmatic breathing to open the body and calm the mind.
- Practice this sequence 3 to 5 times a week, or after each swim, bike or run.

1) **Balanced
Knee to Chest**



2) **Balanced Pigeon with
Chest Expansion**



3) **Pyramid
Stretch**



4) **Forward Fold with
Chest Expansion**



5) **Downward Dog**



6) **Crescent Lunge**



7) **Runner's Stretch**



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