



FLEXIBLE ROAD WARRIOR

After a race day, intense training session or even a pit stop during a long road trip - Before you jump back into your car try this short sequence to open your posture, lengthen tight muscles and calm and energize your mind.
Sure, you can do it in your sneakers or flip flops!
Repeat the sequence twice, changing legs for poses 3, 4 & 5.

Athletic Yoga™

Sunbreaths:

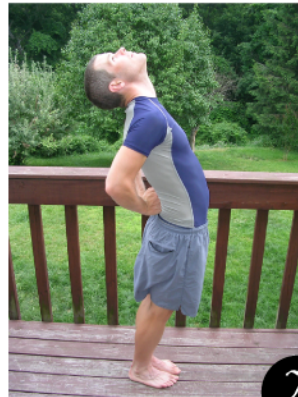
Energize! Take long, slow deep breaths as you stretch and reach your hands up to the sky



1

Standing Camel:

Counter pose! After long rides in a flexed (hunched) position, lift the chest, extend the spine and open and realign the posture



2

Knee to Chest:

Release the low back and gluts while focusing and balancing



3

Dancer:

Stretch tight quads and hip flexors



4

Standing Balanced Pigeon:

Open tight hips, chest and shoulders



5

Forward Fold:

Lengthen tight hamstrings and low back



6

Mountain:

Stand tall, aligned, peaceful and open



7

Karen Dubs, RYT
www.flexiblewarrior.com
info@flexiblewarrior.com



Registered Yoga Teacher