

## **FLEXIBLE WARRIOR: ATHLETIC YOGA FOR TRIATHLETES**

Below are three yoga poses from the Flexible Warrior: Athletic Yoga for Triathletes DVD. You can do all three poses in less than 10 minutes, in your sneakers, and without a yoga mat to stretch and balance your body after a run or ride.

### **Practice Tips:**

- Move slowly and deliberately, listening 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
- 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 run or ride.

- 1) Standing Balanced Pigeon with Chest Expansion (gluts & hips/ chest/ balance)



- 2) Dancer (quads, hip flexors, chest, shoulders / balance)



- 3) Forward Fold (hamstrings, low back)



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