

Classplan Description: A deep relaxing Yoga Class Plan for runners.

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|  Sun Salutation (Surya-namaskar) |  Mountain (Tadasana) |  Chest Expander (Dwikonasana) |  Crescent Moon (Ardha Chandrasana) |  Crescent Moon (Ardha Chandrasana) |  Standing Forward Bend (Uttanasana) |  Intense Spread Leg Stretch (Prasarita Padottanasana) |  Intense Side Stretch II (Parsvottanasana) |  Intense Side Stretch II (Parsvottanasana) |  Downward-Facing Dog (Adho Mukha Svanasana) |
|  Low Lunge (Anjaneyasana) |  Downward-Facing Dog (Adho Mukha Svanasana) |  Low Lunge (Anjaneyasana) |  Warrior I (Virabhadrasana I) |  Warrior II (Virabhadrasana II) |  Warrior III (Virabhadrasana III) |  Warrior I (Virabhadrasana I) |  Warrior II (Virabhadrasana II) |  Warrior III (Virabhadrasana III) |  Chair (Utkatasana) |
|  Revolving Chair Prayer Twist (Parivrrta Utkatasana) |  Revolving Chair Prayer Twist (Parivrrta Utkatasana) |  Squat (Namaskarasana) |  Bound Angle (Baddha Konasana) |  Boat Half (Ardha Navasana) |  Boat (Navasana) |  Fire Log (Agnistambhasana) |  Fire Log (Agnistambhasana) |  Half Bound Lotus (Ardha Baddha Padma Pascimottanasana) |  Half Bound Lotus (Ardha Baddha Padma Pascimottanasana) |
|  Seated Forward Bend (Paschimottanasana) |  Sleeping Swan (Eka Pada Rajakapotasana) |  Sleeping Swan (Eka Pada Rajakapotasana) |  Boat (Navasana) |  Eye Of The Needle (Sucirandhrasana) |  Eye Of The Needle (Sucirandhrasana) |  Happy Baby (Ananda Balasana) |  Reclining Big Toe (Supta Padangusthasana) |  Reclining Hand To Big Toe (Supta Padangusthasana I) |  Reclining Big Toe (Supta Padangusthasana) |



Reclining Hand To Big
Toe
(*Supta
Padangusthasana I*)



Corpse
(*Savasana*)