












Post-run sequence for accelerated recovery

1. Cool-down after run

	Pose Name	Pose Description	Pose Transition Comments
	Extended Hand to Big Toe (<i>Utthita Hasta Padangustasana</i>)	1. At an appropriate height for you, rest the elevated leg/foot comfortably into a wall or chair while keeping the grounded leg active. 2. Remain there for 10-20 breaths and allow the entire thigh (quadriceps and groins) of the elevated leg to relax as fully as possible. 3. Allow the lower back to also relax as much as possible.	
	Upward Salute (<i>Urdvha Hastasana</i>)	Long slow inhale	In rhythm with the movement of your breath, slowly and mindfully flow between the backward (inhale) and forward (exhale) bends as many times as you feel is necessary.
	Rag Doll	Long slow exhale NOTE: With the feet slightly apart and parallel, keep the quadriceps firm and active.	
	Equestrian Pose (<i>Ashwa Sanchalanasana</i>)	ALIGNMENT: Feet are positioned hip-width apart. Front leg: Keep the knee in line with the ankle. Don't allow the knee to move beyond the ankle.	
	Intense Side Stretch (<i>Parsvottanasana</i>)	ALIGNMENT: Feet are positioned hip-width apart. Keep the spine long and don't force anything.	
	Extended Side Angle (<i>Utthita Parsvakonasana</i>)	ALIGNMENT: Feet in line with one another: Heel of front foot in line with arch of back foot. Front leg: Keep the knee in line with the ankle. Don't allow the knee to move beyond the ankle. Rest elbow on thigh for support.	

2. @ home

	Reclining Mountain (<i>Supine Tadasana</i>)	@ HOME Base of the feet into a wall. Gently remain in full extension for 5-10 full breaths without forcing anything.	
	Hip Roll	@ HOME Perform a gentle twist - without forcing any part of the rotation! NOTE: Support the bent leg with a cushion if it does not rest on the floor. Remain in the posture for 5 to 10 breaths on each side.	* Move very slowly when exiting the rotation and support the leg with your hand.
	Hip Roll		
	Legs-Up-the-Wall (<i>Viparita Karani</i>)	@ HOME With the buttocks 6 to 12 inches from the wall, support the legs up against the wall and remain here for 5 minutes. Breathe quietly and calmly.	
	Corpse (<i>Savasana</i>)	@ HOME Rest freely on your back with legs apart and arms away from the body. Remain here for 5 minutes (without falling asleep) and breathe quietly and calmly.	