

### Kneeling Hero's Pose for Runners



**Figure A.**



**Figure B.**

**Physical focus :**

Stretches and strengthens the arches of the feet.  
Increases flexibility in the knees, hips, and ankle joints.  
Releases tension and stiffness in the lower back.

**Foundation :**

Knees hip-width apart and resting firmly on the floor.  
All five toes (preferably) resting into the floor.  
Sit-bones reaching to the heels.

**Alignment :**

Keep the hips, knees, and heels in line.  
Reach the heels straight back.  
Maintain a long spine.  
Keep the shoulders in a relaxed and neutral position.

**Prevention and management of the following injuries :**

Plantar faciitis  
Achilles tendon strain  
Medial tibial stress syndrome (shin splints)  
Achilles tendonitis  
Anterior and posterior tibial tendonitis

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### Instructions :

#### Figure A.

- Move down to the floor onto your hands and knees with the toes tucked under. Try to bring all 5 toes in contact with the floor.
- Move the hips back toward the heels until you feel a comfortable, gentle stretch in the feet. Reach the heels back.
- Remain here for 10 breaths. Explore the effects of putting more weight on one side and then the other.
- Exhale out of the posture and return to your hands and knees.

With time and practice, gradually work toward sitting back onto 1 block (as shown above in Figure B.). Don't be in a hurry!

#### Figure B.

- If possible, place 1-2 blocks under the hips and allow the sitting bones to gradually come to rest on the block(s).
- Remain here for 10 breaths. Explore the effects of putting more weight on one side and then the other.
- Exhale out of the posture and return to your hands and knees.