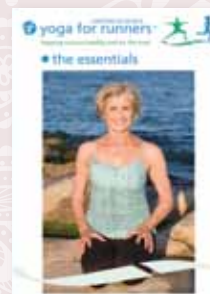


CHRISTINE FELSTEAD



Christine Felstead has successfully married her twin passions for yoga and running to develop something unique, tested and effective: a yoga program designed specifically for runners. Christine pioneered the development of Yoga for Runners and today is the leading authority on the practice. She presents at international conferences and has appeared in numerous publications. Through her best-selling DVDs, *The Essentials: Beginner Program* and *Intermediate Program*, and her teacher training program her work has spread globally. She is author of the book, *Yoga for Runners* and recently launched her Yoga for Runners Educational Series, 6 progressive classes each with an anatomy introduction and detailed instruction on related yoga poses.

yogaforrunners.com



Thursday, March 31st 6:30PM - 8:30PM TH6FEL YOGA FOR RUNNERS – CORE STABILITY

A weak core can negatively affect the biomechanics of the pelvis, spine and legs, impede running performance and increase risk of injury. Optimal core function involves a balance of mobility and stability and a strong core is vital to being a strong runner. Integrated core stability can maximize running performance, maintain a balanced center of gravity and control lower limb motion while running. This workshop will examine the core from all the body's dimensions - front, back, bottom and top. Participants will be led through an awakening, fun and challenging yoga practice.

Friday, April 1st 6PM - 8PM FR2FEL YOGA FOR RUNNERS: EXPLORING THE YIN AND YANG

Functional mobility is paramount in overall health and wellbeing. A key aspect of functional mobility relates to the health of connective tissue – our inner body's complex matrix that literally holds us together. Dynamic yoga practices are necessary and helpful for runners to build strength and flexibility. However, exploring a complementary Yin practice has profound and transformative effects, especially for runners. The slow moving and long held poses of yin yoga affects the connective tissue located deeper in the body. Compared to muscle tissue, which responds to strength and stretching in short spurts, connective tissue requires gentler movement BUT held for longer periods of time. This workshop will start with a dynamic flow sequence and glide into a harmonizing yin sequence.

Saturday, April 2nd 8AM - 10AM SA1FEL YOGA FOR RUNNERS – FOUNDATION: FEET & ANKLES

Our feet and ankles are the foundation involved in all movement. They are a super structure, able to sustain two to three times our body weight. When all is well, we neglect them but when we

suffer from one of the classic problems in this area we are forced to come to a dead stop. This workshop will examine the anatomical structure of the feet and ankles; their relationship to other weight bearing joints in the body; assessment and impact of range of motion. Participants will be led through a yoga practice that focuses on the desired alignment of feet and ankles while in various body positions.

Saturday, April 2nd 10:30AM - 12:30PM SA2FEL YOGA FOR RUNNERS – HEALTHY KNEES

Knee problems are the most common type of running injury. Many knee issues relate to biomechanical factors that put extra load on the knee or imbalanced muscle actions that creates knee joint torque. Yoga can stabilize and strengthen the knee joint when specific actions are mindfully executed. However yoga can also lead to or exacerbate knee problems when poses are done with little attention to detail and approached aggressively. This session will examine the anatomical structure of the knee; the most common yoga poses that may pose a risk to the knees and key alignment principles for a knee-safe yoga practice. In addition, specific strengthening exercises for the knee will be included.

Sunday, April 3rd 2PM - 4PM SU3FEL YOGA FOR RUNNERS: WAKE UP YOUR BUTT!

The hips play a key role in runners' ability to stay healthy and if neglected they can be a cause of injury. Weak glutes are such a common occurrence in runners that there is even a catchy name: Dead Butt Syndrome! Runners are likely aware of having tight hips as the limited range of motion can easily be seen and felt. However, the effect of weak glutes is less perceptible and less obvious. This workshop will isolate and tone the gluteus muscles as well as work to balance the strength and flexibility in the hips. Participants will learn how to engage these muscles in yoga poses that are commonly done.





Yoga For Runners

CHRISTINE FELSTEAD

“THE HUMAN FOOT
IS A
MASTERPIECE
OF ENGINEERING
AND A
WORK OF ART”

LEONARDO DA VINCI

It is likely that you don't view your own feet as Leonardo da Vinci did.

Mostly we tend to ignore these super structures until we have problems. Understanding the structure of the feet and keeping them strong, supple and agile is key to healthy feet. Including some work on the feet on a regular basis is just as important as any other part of the body – don't wait until you have a problem.

The average runner strikes the ground 1,000 times per mile with a force of two to three times his body weight. The feet take the brunt of this impact, because they are the first point of contact with the ground. The ability to maintain strength, balance and agility while hitting the ground affects the entire body. While you may be able to continue running with tight hamstrings or a sore hip, most foot problems will stop you in your tracks. Furthermore, a problem in the foot or ankle can create problems elsewhere in the body—namely, the knees, hips, or spine.

THE STRUCTURE OF THE FOOT

The foot and ankle contain the following:

- 26 bones (one-quarter of the bones in the human body are in the feet)
- 33 joints
- More than 100 muscles, tendons (fibrous tissues that connect muscles to bones), and ligaments (fibrous tissues that connect bones to other bones)
- A network of blood vessels, nerves, skin, and soft tissue

THE FOOT HAS 3 ARCHES:

- Medial longitudinal—The highest arch and the one we are most familiar with. It extends along the inner foot from heel to big toe.
- Lateral longitudinal—A lower and flatter arch than the medial-longitudinal arch. It extends along the outer edge of the foot from the outer heel to baby toe.
- Transverse—This arch is a little more mysterious, and one we may not be aware of. It extends across the width of the foot, at the base of the toes.

THE 3 ARCHES OF THE FOOT

Because the feet are the body's foundation, the arches are crucial in providing stability and agility. They include a natural air sole that act as shock absorbers while walking and running. The arches are maintained by the bone structure and supported by the ligaments, muscles, and tendons in the feet. Weak, or fallen, arches can be painful, hinder stability, make walking difficult, and lead to

problems in the knees and lower back.

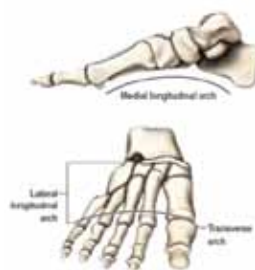
Although some people are born with flat feet, in most cases the condition develops in adulthood. This is typically the result of wearing tight footwear that compresses the joints or high heels, which place the weight at the toe bases and cause a strain on the arches.

We don't often think about exercising our feet. Rather, we allow the joints and ligaments to become stiff and immobile and the muscles to atrophy. Consider the state of muscles after being confined in a cast to heal a broken bone: They become visibly shrunk and noticeably weaker after just a few weeks. This is basically the same effect on the musculature of the feet, except it is compounded by years of being crammed into shoes, losing muscle tone, and losing the ability to move freely. As with other parts of the body, the muscles and joints in the feet need to be exercised to be healthy, functional, and happy.

From a very young age, we are accustomed to wearing shoes. We cram our feet into fashionable shoes with little regard for the long-term effect. Constrictive shoes restrict

blood circulation in the feet and compress the bones. Compounding that effect is that we wear shoes for hours on end day after day, taking little or no time to exercise our feet. Modern-day foot problems such as bunions, hammertoes, and weak, or fallen, arches are the result of this type of neglect.

Additionally, we tend to keep our feet covered and hidden most of the time so we are less likely to be aware of subtle, yet key, changes in their structure and appearance.



LET'S TALK FEET

Our yoga practice offers tremendous opportunity to exercise the feet in all ways possible. In all yoga poses it is important to understand the role of

the feet – whether standing, seated or inverted, the actions of the feet are an essential part of the pose. Here are a few to practice.



EQUAL STANDING

It all starts here

– this is the foundational pose for all standing poses.

Practice this often to help realign your overall posture from the ground up.

1. Stand with feet together and the inner edges of the big toes touching. Lift and spread the toes, pressing the big toes toward each other and fanning the other toes outward.
2. Press down evenly through the base of the big toe, base of the baby toe, and center of the heel. Feel an even distribution of weight on the right and left foot.
3. Without rolling the weight to the outer feet, lift the inner ankles to activate the inner (medial longitudinal) arches.



HERO TOES

Our toes and soles of feet lose their suppleness and mobility simply from not exercising them. This may be painful at first so start slow and for short periods of time and increase as the toes become more supple. The stretch in the soles of the feet is great for plantar fasciitis too!

1. Start by sitting on your shins. Lean forward and take the hands to the floor in front of the knees. Keep the knees on the floor and curl the toes under, including the baby toes if possible
2. With toes curled under and heels lifted to upright, sit back onto the heels
3. If there is intense pain, lean forward to ease the weight in the feet. Otherwise, sit tall with the shoulders over the hips



TOE SPREADING

Great way to improve flexibility and mobility of the toes and metatarsal joints and can relieve pain related to bunions.

1. While seated on the floor or chair, bend one leg and place it on the opposite knee. Insert the fingers of the opposite hand between the toes, taking the webbing of the hand to the webbing of the toes.
2. Move the toes forward and backward, squeeze the fingers with the toes.
3. Remove the fingers and spread the toes.
4. Repeat with the other foot.

