



*the* **ATHLETE'S**  
**POCKET GUIDE** *to* **YOGA**

**50 ROUTINES** *for* FLEXIBILITY, BALANCE & FOCUS

*sage rountree*

*the* **ATHLETE'S**  
**POCKET GUIDE**  
*to* **YOGA**

**50 ROUTINES**  
*for* **FLEXIBILITY,**  
**BALANCE &**  
**FITNESS**

*sage rountree*



Boulder, Colorado

The Athlete's Pocket Guide to Yoga  
Copyright © 2009 by Sage Rountree

All rights reserved. Printed in Korea.

No part of this book may be reproduced, stored in a retrieval system, or transmitted, in any form or by any means, electronic or photocopy or otherwise, without the prior written permission of the publisher except in the case of brief quotations within critical articles and reviews.



1830 55th Street  
Boulder, Colorado 80301-2700 USA  
303/440-0601 · Fax 303/444-6788 · E-mail [velopress@competitorgroup.com](mailto:velopress@competitorgroup.com)

Distributed in the United States and Canada by Publishers Group West

Cataloging-in-Publication Data is available from the Library of Congress.  
ISBN 978-1-934030-41-7

For information on purchasing VeloPress books, please call 800/234-8356 or visit [www.velopress.com](http://www.velopress.com).

Cover design by Stephanie Goralnick  
Cover and interior photos by Don Karle  
Interior design by Jane Raese

09 10 11 / 10 9 8 7 6 5 4 3 2 1

# CONTENTS

## *part 1:* **YOGA and the ATHLETE** 1

Yoga and Your Training	2
Equipment	3
Alignment Principles	5
Breathing	6
How to Use This Book	7

## *part 2:* **YOGA ROUTINES** 11

<b>Warm-ups</b>	<b>12</b>
Spinal Warm-up, Prone	12
Spinal Warm-up, Supine	13
Spinal Warm-up, Seated	14
Half Salutes with Chair	15
<b>Balance</b>	<b>17</b>
Tall Mountain Flow	17
Chair and Tree	18
Standing Balance Flow	19
Crane and Warrior III	20

# CONTENTS

<b>Standing Poses</b>	<b>21</b>
Sun Salutations with Lunges	21
Moon Salutations	24
Standing Hip Openers	29
<b>Core, Back, and Shoulders</b>	<b>30</b>
Static Core	30
Dynamic Core	31
Table Core Sequence	34
Camel	35
Bow Sequence	36
Supported Back Bends	37
Shoulder Strap Series	38
Interlaced Fingers Series	39
Wall Shoulder Stretches	40
<b>Hips and Legs</b>	<b>41</b>
Lunge Series	41
Bowing Sequences	43
Pigeon Series	45
Head to Knee Sequence	46
IT Band Flow	47
Hamstring Strap Series	49
Symmetrical Stretches	51
Lower-Leg Stretches	53
<b>Restorative Routines</b>	<b>54</b>
Gentle Stretches	54
Wall Folds	56
Inversions	57
Reclining Twists	58
Supported Stretches	59
Corpse Pose	60

**Breath Exercises and Meditations 61**

Centering	61
The Breath in Space	62
The Breath in Time	63
Alternate-Nostril Breathing	64
Counting Meditation	65
Observation Meditation	66
Closing	67

**part 3: FOCUSED ROUTINES *and*  
COMBINING SEQUENCES 69**

Getting Started	70
Focus on Strength	71
Focus on Power	80
Focus on Flexibility	85
Focus on Focus	97

*Resources* 107

*Acknowledgments* 109

*About the Models* 111

*About the Author* 113

## SPINAL WARM-UP, PRONE

Total time: 5 min.

*Dog*

*Cat*

*Child's pose*

*Lateral child's pose*

*Threading the needle twist*



**Dog (inhale) and cat (exhale)**

10 or more breaths



**Child's pose**

3 breaths



**Lateral child's pose**

5 breaths per side



**Threading the needle twist**

5 breaths per side

**TIP** ▶ The breath guideline is merely a suggestion; hold the poses until you feel even side to side.

## STATIC CORE

Total time: 8 min.

Begin by holding each of the poses for three to five breaths; build to ten over time.

*Plank*

*Side plank*

*Reverse table/reverse plank*

*Boat*



**Plank**

On palms or forearms



**Side plank**

On palms or forearms; both sides



**Reverse table or reverse plank**

**Boat**

**TIP** ▶ Remember mountain alignment in each pose.



## INTERLACED FINGERS SERIES

Total time: 4 min.

Hold each pose for at least five breaths.

*Fingers in front*

*Fingers overhead*

*Side stretch*

*Fingers behind back*

*Hands to side waist*



Fingers in front, cat back



Fingers overhead,  
palms up



Side stretch

Both sides



Fingers behind back



Hands to side waist

Both sides

**TIP** ▶ Perform these stretches sitting, kneeling, or standing.

Turn your head in the last pose to find the best neck stretch for your body.

## LUNGE SERIES

Total time: 10 min.

Move through the sequence first on one side, then the other, holding each pose for at least five breaths.

*Low lunge*

*Balancing low lunge*

*Crescent lunge*

*Quadriceps stretch in lunge*

*Prayer twist from lunge*

*Groin stretch from lunge*

*Runner's lunge*



Low lunge



Balancing low lunge



Crescent lunge



Quadriceps stretch in lunge



Prayer twist from lunge



Groin stretch from lunge

*(continues)*

## LUNGE SERIES *(continued)*



Runner's lunge, toes down



Runner's lunge, toes up

**TIP** ▶ Keep your hips level and square throughout, and make sure your knees and toes face the same direction.