

## Quick Roadside Routine for Runners

Level 7 Difficulty

**This is a variation on the Sun Salutation. Do this mini routine several times, for at least 5 – 15 minutes.** For your first rounds, use *Breathing Theme 10, Moving with the Breath*. This will give you flexibility and warm up your muscles; then use *Breathing Theme 5 or 21, Extending with the Breath*, to build and tone your muscles and get them ready for your work out.



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