

## ■ Yoga & Mobility for Ultrarunners

Use these short flows 2x/week to recover faster and run smoother:

- Pigeon Pose: Releases hips and glutes
- Low Lunge: Opens hip flexors and quads
- Downward Dog: Lengthens hamstrings and calves
- Cat-Cow: Improves spinal mobility
- Thread the Needle: Unlocks thoracic spine
- Legs Up the Wall: Restores blood flow post-run
- Supine Twist: Eases lower back tightness