



Lower Body Stretch
Presented by Janet Leland
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Sunday, June 1, 2008 2:00 PM–3:00 PM

Overview

A YogaFit®-style class designed specifically to rejuvenate and balance the body post-ride

YogaFit Essence

- Breathing
- Feeling
- Listening to the body

3 Mountain Class Format

- Warm-up
- Work
- Seated and supine work and deep stretching

Seven Principles of Alignment

- Establishing base and dynamic tension
- Creating core stability
- Aligning the spine
- Softening and aligning knees
- Relaxing shoulders back and down
- Hinging at the hips
- Shortening the lever

Spinning®-Specific Class Design

Breath Work—Pranayama

- Hamstrings (Forward Fold and Down Dog)
- Hips/Glutes
 - Warrior Poses
 - Pigeon
 - Upside Down Pigeon
 - Bridge
 - Dead Bug
- Quads
 - Crescent Lunge
 - Quad Stretch
- Sample Class

Additional Resources

- YogaFit for Cyclists DVD

**Please remember to submit a session evaluation.
Your feedback is important to us!**