

Yoga For Hikers



Before Your Hike

Child's Pose



Gently stretches the shoulders, back, and hips. Inhale to reach, exhale to press the hips back.

Hold for 3 rounds of breath.

Cat-Cow



Warms up the spine and improves mobility in the back and hips. Inhale for cow, exhale for cat.

Repeat for 3-5 rounds of breath.

Forward Fold



Stretches hamstrings and calves while lengthening the spine. Option to bend the knees slightly.

Hold for 3 rounds of breath.

After Your Hike

Thread the Needle



Releases tension in the shoulders and upper back. Inhale to reach, exhale to thread.

Hold for 3 breaths per side.

Reclined Figure 4



Deep stretch for glutes and outer hips. Can be a welcome relief after a hike with elevation gain.

Hold for 3 breaths per side.

Pyramid



Targets hamstrings and calves while opening the hips. Arms can reach for low back or ankles.

Hold for 3 breaths per side.