



GUIDELINES

Are you ready for our biggest monthly challenge yet?

Five Parks Yoga



Creativity. Authenticity. Purpose.

Five Parks Yoga provides free online yoga classes. Select from over 200 unique yoga workouts and classes ranging from Beginner to Advanced. Classes run between 10 and 75 minutes each and are filmed in beautiful locations around Costa Rica & Colorado.

Learn more at FiveParksYoga.com

Welcome to the Yoga Stretch Challenge!

We went all out on this one and partnered with yoga expert **Erin Sampson** of **Five Parks Yoga** to take us through the Yoga Stretch Challenge! Erin has created custom videos for Run the Year tailored to each part of the body.

You can choose the exercises that address your specific needs over and over again or try them all for a well-rounded challenge. It is up to you! The yoga exercises are broken up into sections that vary between 12 and 22 minutes, so you can build a workout for any schedule.

Please note: If any of these exercises cause you pain or if you are injured, feel free to modify any stretches or complete this challenge when you are healthy enough to do so.

To complete this challenge, you must complete 15 days of exercises.

There is no set number of exercises to complete each day, just try at least one video on 15 separate days!

My 15 days of the Yoga Stretch Challenge



Click here to find the playlist for the
Five Parks Yoga videos

goo.gl/XNafqg

Please note: Google URLs are case sensitive. If you print out this page and have to type the URL, type exactly how it's written!

Links to each video as well as the time length of each video is also included on the next page.



EXERCISE VIDEOS

Warm-Up Routine 14:08 goo.gl/sU3wss

This video is a general warm-up routine that will get you breathing and have your body ready to choose one of the specific routines below. If you have time you can do this warm-up each day before you try one of the specific routines or you can jump right into a specific routine if you are in a hurry.

Specific Routines:

Below you will find links to the specific routines. You can try these in any order and repeat them as many times as you like. We believe they will greatly improve your overall health, strength, and flexibility!

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Legs**14:14** goo.gl/XnGCrK

This class stretches and strengthens the ankles, shins, knees, and thighs including the hamstrings and inner thighs.

Hips**16:45** goo.gl/uQxxPV

This yoga class incorporates the best of the yoga hip opening postures - fire log, cow face, reclined pigeon and more.

Core**13:40** goo.gl/TrL5rE

Prepare to strengthen your core muscles and tone your abs, obliques, and back with traditional leg lifts, boat pose, and twists.

Spine**13:33** goo.gl/tNuR48

This yoga class is designed to strengthen and stretch your entire spine.

Feet and Ankles**12:27** goo.gl/HVxz3D

Give your feet and ankles a little love. It starts with a foot massage and includes Toes Pose, a shin and ankle stretch, down dog, and a gentle forward fold for your Achilles, calves, and hamstrings.

Sun Salutations Yoga**25:25** goo.gl/cT1U2e

Sun Salutations are common in an active "flow" yoga class and are designed to warm you up and help you connect your breath to your movement.

Shoulders, Neck, and Upper Back**16:15** goo.gl/j5bLL3

This yoga class targets the shoulders, neck, and upper back with stretches at the beginning for your neck and upper back and moves into some short and sweet strengtheners for your shoulders, forearms, and hands.

Hips and Legs - Standing Basics**21:46** goo.gl/6iDrvz

This yoga class is a great "intro" class to the most common standing postures. Erin offers some familiar standing yoga postures such as Lunge, Runners Lunge, and the Warrior postures. This class introduces you to a "flow class," - linking postures together.

Balancing Yoga**28:46** goo.gl/qdEvsU

This yoga class introduces you to a variety of balancing postures - on the floor, on your feet, and on your hands!

Gentle Stretch Yoga**19:59** goo.gl/GSPxon

Try this gentle stretch yoga class and give your body some love. Other than one downward dog, this entire class takes place on the floor, both seated and lying down.

60 Minute Yoga Class**1:02:49** goo.gl/LGNbcm

Take on the yoga challenge of a complete and comprehensive hour long yoga class. Even if you are newer to yoga, you will get to experience a "little bit of everything" during this class - including sun salutes, standing postures, balancing, spine strengthening, core, floor stretching and more!