



THE YOGA SCHOOL – CAIRNS

ANGUS PHILIPS

PROGRAM FOR ULTRA MARATHONS

- Barrel Chest Opener 2
- Shower Pose 1
- Shower Pose 2
- Wall Hip Flexors 1
- Wall Hip Flexors 2
- Classical Sun Salutations x 3
- Reverse Handstand
- Seven Movement Hamstring & Hip Sequence
- Hero Pose – sitting on block
- Bound Angle Pose – back to the wall with sandbags
- Legs up the wall

Progressively work towards holding each pose for 1 minute, except Legs up the wall, which should be from 3 – 5 minutes for Inversions (cooling) and Relaxation.