



Yoga for Runners

Christine Felstead

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Yoga for Runners Christine Felstead

In **Yoga for Runners**, Christine Felstead shares her proven program for improving strength, flexibility, endurance, mental sharpness, breathing, and performance. Step-by-step instruction and photos of 88 yoga poses and 10 sequences make this a practical, easy-to-follow training guide that will produce results for every runner, from beginner to veteran.

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