

Yoga for Runners (Who Want to Enjoy Running)

Some people naturally enjoy running. Others run for the physical benefits and the challenge of pushing the body to the limit. Unless you're one of the lucky ones who embraces running, the work involved with plodding along can soon become grueling, leaving you desperate for it to end. Yoga for runners transforms the running experience into something that can be savored.

From the outside looking in, the practice of yoga can seem like nothing more than a series of contortions that take stretching to a whole other level. While some yoga positions indeed require real flexibility, there's so much more to what goes on with each and every pose.

Yoga encompasses a range of [different practices and approaches](#), each of which emphasizes different aspects of the yoga practice. A few of these approaches include:

- Anusara - focuses on creating heartfelt experiences and self-acceptance
- Jivamukti - a spiritual approach that emphasizes feeling free and living free
- Yin - emphasizes meditation and relaxation
- Kundalini - increases energy with the goal of feeling invigorated

- Kripalu - teaches you how to listen to your body

There's a philosophy to yoga that emphasizes [the importance of the experience](#) just as strongly as the physical routines involved. Yoga can do the same thing for running. Rather than trudge and strain through a morning run, yoga enables you to develop a flow that not only enriches the running experience, but also makes it easier to do.

For those looking for a way to enjoy and enhance the daily run, yoga for runners may be the answer. As different as these two activities may seem on the surface, the benefits of yoga go hand-in-hand with the much sought after "runner's high," turning your run -from start to finish- into a natural flow of mind, body and spirit.