

Yoga Program For Baseball Players

Each of the following poses should be held for 15-30 seconds depending on the player's strength and flexibility in the order shown. Ideally, there would be no "rest" time in this sequence and it should flow from one pose to the other. To get from "Downward Dog" to "Runner's Pose," lift the indicated leg high in to the air while in downward dog and swing it up the hands. This may take some readjusting of the feet if they player isn't flexible enough to get the foot all the way to the hands.

We incorporate yoga as part of our warm-up, but it could be done at the end of practice or two or three times per week in a longer program.

Poses

- 1.) Downward Dog
- 2.) Runner's Pose R
- 3.) Runner's Stretch R
- 4.) Downward Dog
- 5.) Upward Dog
- 6.) Downward Dog
- 7.) Runners Pose L
- 8.) Runner's Stretch L
- 9.) Downward Dog
- 10.) Runners Pose R (brief, not 15-30s)
- 11.) Warrior 1 R
- 12.) Warrior 2 R
- 13.) Downward Dog
- 14.) Runner's Pose L (brief, not 15-30s)
- 15.) Warrior 1 L
- 16.) Warrior 2 L
- 17.) Downward Dog
- 18.) Runner's Pose R (brief, not 15-30s)
- 19.) Standing Triangle Pose R
- 20.) Downward Dog
- 21.) Runner's Pose L (brief, not 15-30s)
- 22.) Standing Triangle Pose L
- 23.) Downward Dog
- 24.) Chair Pose
- 25.) Twisting Chair Pose R
- 26.) Twisting Chair Pose L

This routine should take roughly 6 minutes to complete.

Poses

DISCLAIMER- These poses are not done by a professional, in fact, they are done by a old, slightly overweight, weekend warrior who is not very flexible at all!

Downward Dog



Upward Dog



Runner's Pose



Runner's Stretch



Warrior 1



Warrior 2



Standing Triangle Pose



Chair Pose



Twisting Chair Pose

