

The \$1 Secret to a Better Workout p. 148

TAYLOR SWIFT
On Love, Life,
and Listening
to Yourself

SELF

100
OF YOUR
BEST

16 PAGE SPECIAL

Get Your Dream Body Now

1 Month to Amazing!

Flat Abs
Tone Your Legs
And Toned
Arms With
Our 12-Week,
Fast Moves

Easy Diet
Tune Your
Senses Your
Schedules, Plus
Meals That
Fill You Up

Free Tools
Track Your
Progress
Online and
Stay Motivated
(Phone, Food)

Sexy, *v* Confident You!

- De-stress and Increase Energy
- Love (and Keep) Your Job
- Boost Your Mood With Food

ADORE YOUR SKIN
Even Without Cosmetics

"I Lost 130 Pounds!"

Real Women Reveal the Key to Their Slim-Down Success, p. 252

HAVE MORE FUN IN BED
New Ideas to Bring You Closer

Low Weight and Low Cost at Self.com (It's Free!)



The practice of Pranayama teaches the power of breath control and how to synchronize the rhythm of the breath with running pace/stride. A technique called *ujjayi* (ocean breath) enhances much-needed focus to the synchronized expansion of the lungs, diaphragm, and rib cage in relation to running pace. It also prevents side stitches, a result of shallow breathing, keeping the diaphragm from relaxing sufficiently and pulling on adjoining ligaments.

For more information on Pranayama, the founder of YogaFit® (yogafit.com) offers a free e-book, *Pranayama for Runners* (www.yogafit.com/pranayamaforrunners.pdf) and a free e-book, *Pranayama for Runners* (www.yogafit.com/pranayamaforrunners.pdf).



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It is also no secret to the average runner that the sport causes painful imbalances against which the body naturally tries to compensate, forcing muscles and joints to work harder with every step. Balance between opposites is the foundation of yoga (YinJiuj): a customized sequence of poses teaches the body to let go of imbalances specifically in relation to the hip joints and related musculature.



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