



# Yoga for RUNNERS

with **Christine Felstead**

*Christine Felstead has successfully married her twin passions for yoga and running to develop something new and unique: a yoga program designed specifically for runners. Christine pioneered the development of Yoga for Runners and today is the leading authority on the practice.*

Please bring:

- A yoga mat
- A big towel
- A sense of humour

[www.yogaforrunners.ca](http://www.yogaforrunners.ca)

- \* Deepen flexibility in tight areas
- \* Strengthen muscles not used in running
- \* Balance strength in legs by strengthening muscles that are weak
- \* Learn how yoga poses benefit the runner's body.

This applies to the cyclists out there as well!

**YOGA EXPERIENCE IS NOT REQUIRED**

**Saturday January 22, 2011**

**2:00 – 4:00 pm Location TBD**

**\$45 – 2 hour session**

**Space is limited – Register now.**

Cheque or Cash only @ New Balance London

1422 Fanshawe Park Road, London, ON N6G 0A4

(corner of Fanshawe Rd West/Hyde Park Rd)

Pre-register with Tracy Hillman with: [thilly@execulink.com](mailto:thilly@execulink.com)

Portion of the proceeds will be donated to ONERUN  
[www.onerun.ca](http://www.onerun.ca) – for breast cancer research in London