

Andrea Robertson

Andrea is an all-season outdoor enthusiast. Her sporting interests are varied and include running, cycling, skate-skiing and snowboarding. She is a regular participant in local and national marathons and triathlons. Her passion for the outdoors inspires her to spend much of her spare time on the trails of Gatineau Park.

She finds the combination of yoga with her regular training regime results in real benefits in overcoming and offsetting injury. The combination of breath-work, strength and overall body awareness provided by yoga are key supplements for overall performance.

Andrea teaches fitness and yoga classes at various corporate and business facilities in the Ottawa area and emphasizes a balanced and healthy lifestyle for those in high stress occupations. She also teaches specialty classes that have a sport-specific focus. Her yoga classes challenge students at all levels of experience and include Hatha, Yin, Vinyasa Flow and Power Yoga.

Heather Gallagher

Heather Gallagher began running in 2007 with the goal to complete a marathon. Within three years she was competing competitively and was working with a coach to improve all event times. Through intensified volume and speed training she earned to become faster and push harder. Her personal best times are 36:37 for the 10K, 1:19:15 for the half and 2:51:46 for the marathon.

While running over 100km a week Heather discovered the benefits of yoga for her mental and physical state. "Yoga allows me time to reflect and relax while strengthening and stretching my muscles. Since starting to practice yoga I have improved my flexibility and have been injury free." explained Heather.

Her love for yoga has grown as an ambassador for *lululemon*; who have generously supported her running endeavours. Through running and practicing yoga Heather has developed a greater connection and apperception for her strength in any situation.



yoga for runners / andrea robertson & heather gallagher

yoga for runners



increase flexibility • prevent injury • promote recovery

with yoga instructor **Andrea Robertson**
& elite runner **Heather Gallagher**

Body & Balance
YOGA AND TRAINING

The benefits of **yoga for runners**

- improved overall performance
- improved cardiovascular endurance
- improved core and overall muscle strength
- increased energy levels
- greater flexibility, balance and range of motion
- relaxation of muscles and stress relief
- enhanced immune system
- weight control
- prevention and relief of stress-related disorders
- greater control of emotions
- greater ability to focus and concentrate



"The pain most runners feel is not from the running in and of itself, but from imbalances that running causes and exacerbates. If you bring your body into balance through the practice of yoga, you can run long and hard for years to come. Although yoga and running lie on opposite ends of the exercise spectrum, the two need not be mutually exclusive. In fact, running and yoga make a good marriage of strength and flexibility."

Byron Baptiste & Kathleen Mendola, Yoga For Runners, yogajournal.com

