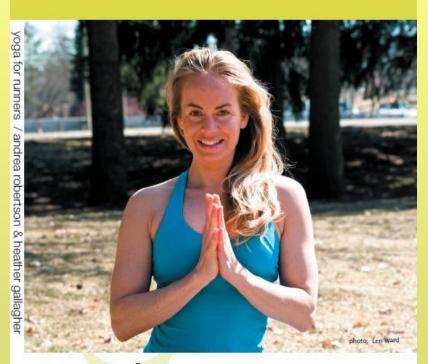
Yoga for runners – Workshop

Pure Yoga Ottawa 279A Richmond Road, Westboro Sunday - June 11th, 5:00 – 7:00pm



yoga for runners

with yoga instructor Andrea Robertson & elite runner Heather Gallagher

> Body & Balance Yoga and Training

increase flexibility • prevent injury • promote recovery

After years of training and putting high demands on her body, Andrea realized she needed a lengthening practice and welcomed Yoga into my training routine. She decided to make a Yoga DVD focused primarily for runners and beneficial for athletes in general. This special 2-hour class will take you through a gentle slow-flow routine, isolating glutes, hips, quads, low-back, hamstrings and core.

The class will leave your body feeling primed and balanced for your next run.

She is a Lululemon Yoga Alumni.

Check out Andrea's teaching and training schedule at www.bodyandbalance.ca

For reservations:

Call: 613 680 7873

Your Investment: \$30

E-mail: pureyogaottawa.com



