

# Yoga for runners – Workshop

Pure Yoga Ottawa

279A Richmond Road, Westboro

Sunday - June 11<sup>th</sup>, 5:00 – 7:00pm

yoga for runners / andrea robertson & heather gallagher



photo: Len Ward

## 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](http://www.bodyandbalance.ca)

**For reservations:**

**Call: 613 680 7873**

**E-mail: [pureyogaottawa.com](http://pureyogaottawa.com)**

**Your Investment: \$30**