



YOGA & RUNNING

4 Week Session
Jan 11 - Feb 1 (\$50)

8 Week Session
Jan 11 - Feb 29 (\$80)

Wednesdays
11:00 - 12:30

Must pre-register
by Jan 7

www.theBindu.com

Events Page

704.237.3635

Yoga and running are natural partners. They both create a union between the body and mind that increases endurance, focus, and the daily feeling of vibrancy. At the end of the 8 week session there will be an opportunity to run a 5K together with your new group of supportive running and yoga friends!

In **YOGA & RUNNING GROUP** you will learn about healthy form for your running practice. Yoga poses will be used to enhance your strength and flexibility and extend the life of your running. Yoga philosophy, meditation and breath work will be used to increase your focus and clarity.

Session 1: The first four weeks (1/11-2/1) focus on posture, foot falls, core engagement and relaxation techniques and how yoga enhances each of these. Appropriate for new runners and those interested in working on technique.

Session 2: The second four weeks (2/8-2/29) will expand your endurance mentally and physically, build strength, find balance. New runners need to do Session 1 first. If you run a couple miles a week or more, you may jump into Session 2.



Jessica King is a registered yoga teacher, massage therapist, and runner who has studied under Sage Rountree, yoga teacher, USA certified triathlon and cycling coach who wrote The Athletes Guide to Yoga. In a lighthearted approach, she draws on serious yoga philosophy that will enhance your practice. Jessica hopes yoga transforms the way you perform in your sport, the way you think about your athletic performance, and the way you see yourself in the world.