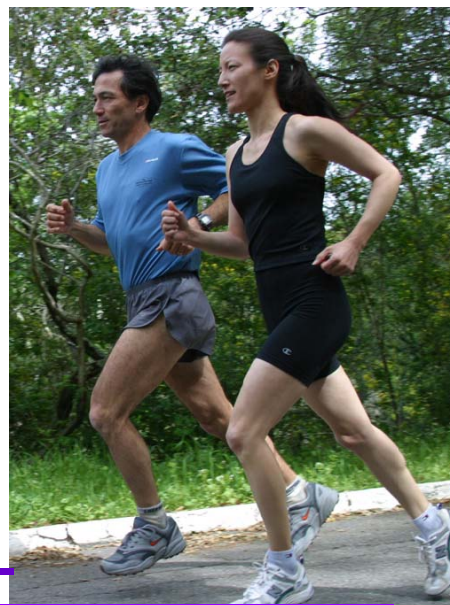


SPECIAL SAVINGS OFFER



ChiRunning®



ChiRunning workshop *presented by*

Dr. Jeremy D. Busch, D.C.

- **Chiropractic Sports Physician (ACBSP) Certified**
- **Strength & Conditioning Specialist (NSCA) Certified**
- **ChiRunning & ChiWalking Instructor**
- **Consulting Hypnotherapist (NGH)**

Focus your Mind

Strengthen your Core

Energize your Life!

Cost:

~~\$225~~
ChiRunning®:
\$199

***All Applicants
Must Pre-register**

When:

ChiRunning®
September 12, 2009
9:00am –4:00pm

Where:

Front Royal, Va

HealthSource™ Chiropractic &
Progressive Rehab
840 John Marshall Highway, Suite E
Front Royal, VA 22630

To Register:

www.chirunning.com
1-866-327-7867 info@chirunning.com

ChiRunning® combines the inner focus and flow of T'ai Chi with running to create a revolutionary running form that takes the pounding, pain, and potential damage out of the sport of running. The ChiRunning program increases mental clarity, focus, and enhances the joy of running.

What you'll Learn:

- Introduction to the most current principles of the ChiRunning® form
 - Posture, Lean, Lift
 - Personal Check-in Tricks and Tools
 - Learning to Use Your Gears
 - Core Muscle Drills and Exercises
 - Pre-run Body Looseners, Post-run Stretches
 - Run Various Speeds While Conserving Energy

- **Small Class Sizes Guaranteed!**
- **Register Today to Reserve Your Spot!**