

ChiRunning® Workshop



*Creating the conditions for **energy** to flow....*



Saturday, March 13th

9:30-4:00

Location ~ Vancouver area

SPECIAL \$190.00

Limit of 12 participants (CO-ED)

The Keys to Effortless, Injury-free Running

- The Physics of Running: Run without Using Your Legs
- ChiRunning® versus Power Running
- Introduction to the ChiRunning® Form
- Injury prevention techniques
- Personal Check-in Tricks and Tools
- Learning to Use Your Gears
- Core Muscle Drills and Exercises
- Pre-run Body Looseners
- Innovative technique drills
- How to conserve energy at any speed

Each participant will receive handouts of the material
covered in class

Donna Spencer 250-713-**WILD** (9453)

naturalpace@gmail.com