

Yoga for Runners Workshop

Saturday 10/18

1:30-4 pm

Cost: \$25 by 10/13
\$35 after if space

Doors locked at 1:35 pm. No refunds or transfer credit for workshops.

This workshop addresses the special considerations of yoga for runners in terms of the effects of conditioning, balancing and restoring the body, creating optimal breath techniques for stress-free stamina and the mental calm that will help you unleash your enduring brilliance.



Sun Moon Yoga has been offering expert yoga teaching since 2005.

Our Yoga Teacher and Yoga Therapist Certification Programs offer balanced, indepth study of the human body, integrateing knowledge with the traditional teachings of yoga.

Our safe, comprehensive style brings about health and well-being.



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