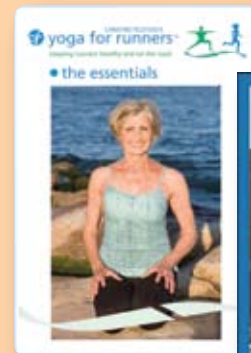




CHRISTINE FELSTEAD

Christine Felstead has successfully married her twin passions for yoga and running to develop something new and unique: a yoga program designed specifically for runners. Christine pioneered the development of Yoga for Runners and today is the leading authority on the practice. She has spoken at several international conferences, and written about the program in numerous publications. Her DVDs, The Essentials: Beginner Program and newly released Intermediate Program are best-sellers and has helped spread her work globally. www.yogaforrunners.com



Thursday March 29th 6:30 pm - 8:30 pm TH2FEL

Yoga for Runners: Hips & Hamstrings Intensive

For athletic body types, the hips and hamstrings are often a 'hot spot' and can lead to chronic pain, discomfort or injury. Compounding this effect are the number of hours spent seated, causing the hips and hamstrings to tighten further. This workshop will take participants through a challenging and fun yoga practice focusing primarily on the hips and hamstrings. It will include both stretching and strengthening in order to create balance and symmetry in the body and will leave the hips 'singing'. The practice will include both introductory and more advanced poses and students will be encouraged to challenge their limits through detailed alignment instruction and breath work.

Friday March 30th 6:00 pm - 8:00 pm FR2FUL

Teaching Yoga to Runners: Tips & Techniques

Many athletic bodies are tight, especially in the hips, hamstrings, hip flexors and lower back. This means that some yoga poses that are simple for many, can be quite challenging. Yet athletes are also strong and have plenty of endurance. Designing a yoga class that meets the needs of this type of student can be a challenge. This workshop will take participants through a yoga class specifically designed for endurance athletes and throughout explain the related rationale and specific benefits to athletes. Also covered will be the key safety aspects to include when instructing athletic bodies. A Q&A will be included to address individual questions