

# RUNNERS YOGA WORKSHOP AUG 27 & 28

ADVANCE REGISTRATION  
RECOMMENDED  
\$25/EACH OR \$45/BOTH

Register by phone or online, 440-523-0099 or  
[www.oasisyogaspa.com](http://www.oasisyogaspa.com)



**In this two-part workshop**, we will explore a variety of yoga practices that can benefit runners. Whether you're a competitive racer or simply lace up your shoes and head out for fun and fitness, yoga offers something for every runner. Through yoga, runners can address imbalances and injuries, gain strength and mobility, and run with more mindfulness and relaxation. Many yoga practices can be done in a short amount of time, before or after running. This workshop is appropriate for runners of all experience levels and paces, and no yoga experience is necessary. Come discover some ways to support, enhance, and enjoy your running even more with yoga!

<b>DAY ONE:</b>	<b>SATURDAY, AUG 27TH</b>
<b>WHEN:</b>	<b>2pm - 4:30pm</b>
<b>LOCATION:</b>	<b>OASIS YOGA SPA</b>

<b>DAY TWO:</b>	<b>SUNDAY, AUG 28TH</b>
<b>WHEN:</b>	<b>3pm - 5pm</b>
<b>LOCATION:</b>	<b>Solon Community Park Pavilion</b>

**RAIN OR SHINE**

**Day One:** Try a beginner's level vinyasa yoga class tailored to runners' common tight places including hips, the iliotibial band, hamstrings, calves, and even your runners' feet! Several short, powerful yoga-inspired mental techniques will complement the physical practice. We will end with a guided relaxation that is a rejuvenating break from the intensity of training. Please wear comfortable clothing that allows you to move easily. Bring a water bottle, journal or small notebook, and yoga mat if you have one.

**Day Two:** We will cover physical and mental yoga techniques to address running form and ease, including a 10-minute post-run yoga routine you can do anywhere. An easy-paced, very short (15-20 minutes) run will be part of the afternoon, so come dressed for running. Please bring a large towel and water bottle.

***Andrea Thomas, M.S., RYT 200**, is a dedicated runner and devoted student and teacher of yoga. Andrea took her first yoga class in 1997, the same year she ran her first 5K road race. Along with providing her a base for overall well-being, yoga has been a vital part of Andrea's training and journey of 10 marathons, qualifying for the Boston Marathon, enduring trail 50K ultramarathons, and preventing and healing running injuries. She has a master's degree in exercise science and is a Road Runners Club of America certified Running Coach and ACSM Health Fitness Specialist.*



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