

Yoga for Runners / Walkers

3-Part Workshop



Each morning, before I start my day, I put on my running shoes and head out into the world for my daily ritual. Without my morning run, I feel something is missing the rest of my day. I feel grateful that I have been able to run for so many years without a major injury and I hope that I can continue well into the future. When I first started on my path of yoga, I was told that my running would need to end in order to continue on my path of yoga. To me, if I wouldn't be able to run, I would feel a part of me was absent, and therefore, it wasn't really an option. Similarly, I didn't want to veer off my new path of yoga. To me that wasn't an option either. So, over the years, I have learned that instead of choosing one of two paths, I can interweave these two paths instead. I have also found that both paths nourish and strengthen each other. I have come to realize that my daily runs are not something I do in addition to my daily yoga practice, but instead, it is a part of my yoga practice.

In this workshop we will be working with asanas and sequences that will aid us in our running/walking. We will explore how running/walking helps us with our yoga practice. We will also discuss and discover how to prevent injuries in both yoga and running/walking.

All levels are welcome. Pre-Registration is required. Students are more than welcome to attend one, two, or all three days of the workshop. The classes build upon each other, but students do not need to attend the first class in order to take the other classes.

Dates:
February 25th,
March 24th,
April 21th



Cost:
All 3 classes: \$60
Separately: \$25

Time:
1:00 - 3:00

YOGA

katrinapyoga.com

If I'm free, it's because
I'm always running.

-Jimi Hendrix

