

Yoga Made For Runners
12-Hour Certificate Training Program
Halifax, N.S.: October 26 & 27, 2013

Hi everyone,

Thanks for your interest in my Yoga Made For Runners program. I hope the following information answers any questions you have.

What's The Course About?

As a yoga teacher and runner, I've always been bothered by the large number of injuries caused by running. The purpose of my course is to address this persistent problem through an educational program designed to train runners and accredit yoga teachers in the YMFR system. This is not a yoga teacher-training course (there are more than enough of those). This course will provide valuable, relevant information for runners and yoga teachers on the role yoga plays in building a strong and resilient running body.

Yoga has so much to offer, and among its myriad and diverse applications we find an antidote for many of the afflictions suffered by runners. The YMFR system of yoga postures and related strengthening exercises is designed to help runners prevent, overcome, and rehabilitate running injuries. Yoga for runners is far more than learning how to stretch muscles or become more flexible. The ultimate goal is to guide the student to a state of physical and psychological balance through the skillful application of yoga postures and methods. This course will provide a map to the place where running and yoga intersect.

What Are The Course Requirements/Who Can Attend?

- This course is open to anyone with an interest in yoga and running
- No previous experience is necessary in either discipline
- There are no expectations other than to be fully present
- Runners interested in using yoga to enhance their running and help prevent or overcome injuries in themselves or others
- Yoga teachers interested in leading informed and knowledgeable classes for runners

Who Shouldn't Attend This Course

- Those who want to learn to teach yoga
- Ultra bendy people in love with their flexibility (fyi: excessive flexibility can contribute to injuries and make you slower)
- Those expecting to learn yoga philosophy
- Those who think that yoga for runners is nothing more than hamstring stretches and hip openers

Course Curriculum

Some of the topics to be covered include:

- Origins & guiding principles: At the crossroads of running and yoga
- The joint-by-joint approach and our body's stability-mobility continuum
- Preventing & rehabilitating running injuries with yoga
- The key running muscles: function and dysfunction
- The "listening" foot
- Posture sequences for mobilizing joints, building strength & enhancing flexibility
- The anatomy of healthy running: what causes injury & what prevents injury
- Running breath & yoga breath

Completion Certificate

For participants who attend all 12 hours of the course, a certificate of completion will be issued stating that they have fulfilled the requirements of the Yoga Made For Runners program.

What To Bring

Yes, bring your mat, but props will be available. Otherwise, pen, notebook, water and light snacks.

Dates & Schedule

October 26 & 27, 2013

12 hours (2 days: 4 hours day one; 8 hours day two);

On the first day this course will be held in along with the 4-hour workshop. The content for the 12- and 15-hour courses is the same; the shorter course will have one less practice and two fewer breaks.

Cost

\$550 (taxes included); price includes instruction, runner's yoga DVD, training manual, resistance band, and completion certificate.

Location

Kinesio Sport Lab, Suite 102, 6331 Lady Hammond Road, Halifax, N.S.

Instructor

Mike Dennison has an extensive background in both running and yoga. With over 25 years of running experience, including 10 marathons, Mike has accumulated extensive, first-hand knowledge on all aspects of running. He has particular expertise in running anatomy and injuries. Mike began practicing and teaching yoga in 1996, and in 2006 began teaching exclusively to runners. He was formerly accredited with the Yoga Alliance at the 500-hour level and is the yoga consultant to the Sports Medicine Council of B.C.'s Vancouver Sun Run InTraining program. During a 17-year teaching career he has taught yoga to thousands of students of all abilities.

For More Information & Registration

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