

YOGA MADE FOR RUNNERS

Injury Prevention & Rehabilitation Workshop

with
Mike Dennison

Yoga Made For Runners is a dynamic yoga system created specifically to meet the needs of runners. The YMFR practice consists of focused breathing, upper and lower-body strengthening, core stabilizing exercises, and deep, slow, stretching. As well, information on running anatomy, the biomechanics of injury, and injury prevention are woven into the presentation. Taken together, these elements contribute to the building of a strong, resilient body able to withstand the rigors of any running program.

Workshop Highlights Include:

- Movement dysfunction and our body's stability-mobility continuum
- The anatomy of healthy running: building a strong foundation with our hips
- Preventing & rehabilitating running injuries with yoga
- Running breath & yoga breath
- Registration cost includes runner's yoga DVD
- A dynamic 90- minute YMFR practice

Who Can Attend?

This workshop is perfect for all runners, regardless of experience or ability. Anyone with an open mind and adventurous spirit is welcome, no prior yoga experience necessary.

Where:

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

When:

Saturday, October 26, 2013

Schedule:

1:00 - 5:00 p.m.

Cost:

\$95 + HST

Registration & Information:

902.406.9931 or info@kinesiosportlab.com

Additional Information:

info@mikedennisonyoga.com



About Mike...

Vancouver-based yoga teacher and runner Mike Dennison is the creator of Yoga Made For Runners. With 20 years of running experience, including 10 marathons, Mike has accumulated extensive, first-hand knowledge on all aspects of running, in particular running anatomy and injuries.

Mike began practicing and teaching yoga in 1996, and in 2006 began teaching exclusively to runners. He is 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. His DVD, Mike Dennison's Runners' Yoga, is one of the few yoga DVDs created specifically for runners.



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