

Date: Saturday, June 2nd
Time: 1-4PM
Cost: \$35 (monthly
members receive 20% off)

Source Yoga
2712 N. 21st St.
Suite A
Tacoma, WA 98406



YOGA FOR RUNNERS



sourceyoga
health • vitality • joy

Source Yoga presents:
Yoga for Runners and Athletes
with Paula Schwary
Saturday, June 2nd 1-4PM



Explore the tremendous benefits of yoga for runners and athletes.

When we participate in a sport or type of training such as running, we may create imbalances in the body.

Reduce your risk of injury by increasing your flexibility and strength. Balance, Symmetry and Alignment are the keys to healthy running.

Runner's World Magazine says, "Not only will yoga make you fitter, stronger, and faster, it will also help prevent injury."

Running Times says, "Regular practice of yoga promotes muscular symmetry and flexibility, two key components of a healthy running body."

Join yoga instructor and runner Paula Schwary RYT in this workshop. Paula is a regular teacher at Source Yoga and Fleet Feet Sports in Bonney Lake and is currently training for the Tacoma Marathon.

This workshop is suitable for all levels.

Register online or call the studio

253-756-8066

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