

YOGA & MINDFULNESS - MONDAY JULY 11TH @ 9AM CLUB HOUSE RAHENY

6 CLASSESS 60 EURO

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Imagine ...how effortlessly & easily a yoga practice will give you sweet relief for tight muscles & cranky Hips!

WHAT'S YOUR GOAL? Before you can figure out how often you should practice yoga, you need to take some time to figure out what you want to get out of your practice.

- Is your goal to get physically stronger, better focus & phenomenal clarity?
- Better form? Agility, Flexibility,
- Loosen up some tight muscles?

PROGRESS For your body to make changes, it needs stimulus at least twice to three times a week, whether you're running, doing yoga, or any other physical activity. Your body needs to get used to doing various lunges during Warrior II Pose or the upper body control you need for Chaturanga. If you are only practicing once a week, the muscles aren't getting the right and consistent signals they need to get stronger. You are not going to see a significant improvement.

#1: YOU'LL BUILD STRENGTH A strong body is super important for runners. Strong healthy muscles not only help you to run faster and for longer distances, but they also help you keep good running form.

BENEFIT #2: BECOMING MORE FLEXIBLE A regular yoga class will help you build strength and agility. And a yoga practice created solely for runners will help you focus on the main common areas such as the hips and lower legs. Your range of motion will improve, but you'll also notice that you start to feel better and less sore because your muscles aren't as tight. Sounds good?

BENEFIT #3: BREATH WORK IS SUPER IMPORTANT A breathing practice has lots of benefits for runners and learning how to control your breathing. I'm already sure every runner knows just how important breathing is while running. You can't control what you are running on, the weather etc but you can control your breath and use it effectively and to your advantage.

BENEFIT #4: BETTER MENTAL CLARITY AS YOU RUN THE mind skills you learn on the mat will help you become a better runner. Training the mind to allow thoughts to come and go and to switch off that inner voice and focus on the road ahead.

LET YOUR RECOVERY DAY BE A PRACTICE OF BREATH, YOGA AND JUST BEING!
THE MORE YOU THINK ABOUT IT... THE MORE IT SOUNDS LIKE A GOOD IDEA ..
SEE YOU ON THE MAT!

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CHECK OUT MY WEBSITE FOR MORE INFORMATION

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