

# YOGA for RUNNERS

***Injury-Prevention*** | ***Faster Recovery*** | ***Mental Preparation*** |

Running is your life. You work hard to progress and try to perform at your best at all times.

Most runners, however, find that there are stages when one is prone to **injury**, the **muscles feel tight**, or running **recovery** takes longer than usual. We all know that simply putting in more miles or taking a couple of days rest won't solve the issue.

These can be seen as manifestations of deeper **imbalances** and as such are best addressed **holistically**.

Yoga can help to build and maintain a healthy balance.

This time-honoured, ancient discipline has evolved over thousands of years.

Yoga is an infinite resource that takes your body and mind to the next level—and it can be **highly beneficial for runners who need their body & mind to be in peak condition**.

In fact, **Yoga is the ideal supplement to a runner's training schedule**.

***“My running has improved greatly in terms of posture, efficiency and body awareness”***

A balanced body & mind means **better running results and more fun for many years to come**.

## Yoga

- increases flexibility
- helps to recover from injuries quickly
- builds strength & stamina
- develops the lung capacity & breath control
- increases self-awareness
- brings mental calm, clarity & focus

**All of these are vital aspects for a runner!**

**'Yoga for Runners' means:**

- A *free* 1 hour consultation.
- 5 Hours of individual Yoga tuition tailored to your specific needs (e.g. injury recovery, flexibility, strength, breathing technique).
- Your investment is £35 per hour.

***“This last week has been absolutely amazing with the yoga practices.”***

For more information, please send an email to [info@YogaWithLuc.co.uk](mailto:info@YogaWithLuc.co.uk)

**Act now!** Limited places available.

***About the Yoga Teacher:***

*Luc is a Reading-based Yoga Teacher.*

*He has a keen interest in running, and did running workshops with Danny Dryer, author of the highly-acclaimed book "ChiRunning", and Catherine McKiernan, London, Berlin, and Amsterdam Marathon winner.*

*Since 2005 Luc has been studying and practicing with Paul Harvey, one of the UK's foremost Yoga authorities.*

*Luc has also studied with Srivatsa Ramaswami, a Yoga Master from India. Luc is a certified NLP practitioner. Visit [www.YogaWithLuc.co.uk](http://www.YogaWithLuc.co.uk).*