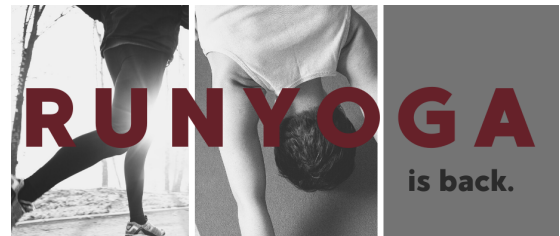




Week 7| RUNClub & Yoga Philosophy

RUNClub philosophy is congruent with yoga philosophy. Total fitness can be 'practiced' at RUNClub and if you want to take things deeper in knowledge, health, flexibility, strength, mobility and a thousand other details - add YOGA to your "RUNClub Practice". The combination of running/ power walking and yoga will blow you away in your progress (physically, mentally, emotionally and spiritually).



Our RUNYoga program is happening again this summer just for you.

When : Starts Tuesday July 5th 6pm (4 weeks on Tues evenings - July 5th, 12th, 19th and 26th). If you have to miss sessions - that is a-okay - it's summer and we will all be away at different times.

Please ** If the \$ for registration is a challenge , please email and we can find a solution. We **really** want everyone to benefit (we really, really do) . Plus it continues your Tues evenings with blissful summer breezes - with great people.

This 4 week offering will be happening on your regular Tuesday nights at 6pm. We won't be running or power walking as long (due to heat) and want to offer you the incredible , incredible benefits of adding yoga for mobility, strength and the FOREVER LINE. Incorporating regular yoga into your life as a RUNClubber has more benefits than you could ever imagine.

Here are just a few basic reasons why you should get your Om on.

Strength

Yoga practice strengthens both the key supporting muscles used in running and the underused muscles. The movement on the mat develops strength in the core, quads, hamstrings and hip flexors which will help runners to stay injury free.

Flexibility and Mobility (so important)!



We need strength to perform exercise but also the flexibility to move with freedom and ease (MOBILITY). Yoga poses held for periods of time create elasticity and increase the health in the muscles, joints, ligaments and connective tissues. All of this will ultimately help you to run (and live) with more freedom.

Breathing - Our Breath is Our Life.

Breathing is one of the most important parts of both running and yoga. The breath nourishes and guides the asana (posture) practice. Through conscious breathing we are more aware of sensations in the body, we learn that slower breathing is more relaxing,

Faster breathing is more energizing. When running or power walking we can use the breath to bring about a more relaxed mental state or feel more alert and focused. Breath work will increase oxygen intake and can help reduce stress, worry and anxiety.

Balance - In Running and In Life

Yoga will not only balance out your body but your mind too. Yoga teaches us to look after our bodies, ensuring that we have a balance between training hard and taking time to rest, recover and heal.

Back health- Back health is taking care of the entire body.

Our back is our tree trunk (along with our core) . A strong and healthy back is incredibly important in our lives. For many runners, back pain is a common concern. Yoga twists and cat/cow stretches mobilize the back to help prevent any problems, as do all the yoga poses. Running/ power walking is somewhat one dimensional in movement. Yoga has movement in all spheres and all body parts.

Stress-Buster!! Yoga WITH running helps to control, manage and understand emotions. Learning to work through poses on the mat is a lot like enduring a long run or power walk . Relaxation and meditation techniques in yoga help to clear the mind of worry, encouraging a fitter mind and thus a fitter body.

Mental strength is mental fitness (and yes, it needs a regular ' workout')

Through yoga you cultivate improved concentration and the ability to overcome the ego, learning to accept the body and mind you have on the day and only push it as far as it will go.

