

Runners

Are you looking to stay fit and strong, optimise performance, get the most from your training and mitigate injury as much as you can?

Yoga, Running & Injury Management Workshop

Expect running coaching drills and exercises from an Elite Running Coach, a running injury clinic from an Elite Athlete Senior Physiotherapist and yoga optimised for runners by an experienced yoga teacher who healed from running injuries through yoga.

Limited spaces

Book Here: <https://bit.ly/2HFQ5tm>

Saturday 21 July 2018. 2-5pm

The Experts:

Andy Powell - Senior Physiotherapist working with English Institute of Sport;

Siobhan Rootes - England Athletics Running Coach, Head Coach Race for Cancer Research Life (and personal trainer);

Andy Nathan - Yoga, Mindfulness and Meditation Teacher

Radwinter Pavilion -

Recreation Ground, Water Lane, Radwinter, Essex, CB102TG

Currently nursing an injury? Then come! You can get face time with Andy Powell while Siobhan is taking the group through drills and exercises.

Arc Physiotherapy. <http://arcphysiotherapy.co.uk/>
Siobhan Rootes. <https://www.siobhanrootes.co.uk/>
Andy Nathan. <https://www.svadhyaaya-yoga.com/>

