

Free Workshop on Injury Free Running

With Luke Boyer

A Free Workshop on Injury free Running

This workshop is for anyone who is currently a runner, as well as for those who are thinking about running. This will be especially useful for those who are just starting out.

Many runners pick up bad habits when they first start running that can lead to knee and back problems. For the more advanced runners, we will be also going over common faults that develop.



When: October 12th, 2013
Location: Urban Oasis
Time: 12:30-2:00pm (1.5 hrs)
Cost: Free (Open to all)

Consists of:

- Q/A
- Running as a skill
- Running Stance
- Proper running mechanics
- Common Faults w/ Running



Urban Oasis Yoga & Wellness
3310 E. Lake Samm. Pkwy SE, Suite #i, Sammamish, WA 98075 | 425.677.8403