

Gulf Winds Track Club
October Education and Lecture Meeting
Hot Yoga Tallahassee, 1950 Thomasville Rd, 2nd Floor
Thursday, October 25 at 7:00 P.M.

Yoga: Recovery, Strength and Flexibility for Runners

Whether you are running your first 5K or your 47th marathon, everything you do to become a better runner shortens your muscles and makes you less flexible. What makes you fast can make your muscles tighten over time.

Yoga is the single best cross-training you can do to lengthen your muscles, prevent injury and improve your fitness. Also, it's fun!

Yoga provides runners cross training that involves the entire body, from the inside out. Yoga treats imbalances from repetitive movement and overuse of some muscles and underuse of others. Plus, with a regular yoga practice you'll become a happier, calmer person, even without coffee (giving up coffee is optional.)

You'll discover the best ways to include yoga in your running schedule and see a demonstration of a selection of yoga sequences and poses. A question and answer session will follow. You won't be asked to yoga in front of your running friends unless you volunteer! For you, we'll have pillows and bolsters for your sitting comfort.

This class is limited to 25 attendees.

Your presenter is: Diana Jones Ellis

Diana Jones Ellis, RYT 200, registered with Yoga Alliance, an international governing board. Program Director, College of Medicine, FSU.

Teaching: Hot Yoga Tallahassee (Mind Body and Yin); College of Medicine, donation class with funds given to The Prison Yoga Project

Additional certifications: Yin Yoga, Warriors at Ease (yoga for combat-related health conditions). Long-time GWTC member and volunteer.

Other interests: trail running, weight training, and bringing yoga to the incarcerated.

You are welcome to submit questions in advance to ensure we are prepared to help you by emailing Kory@Skrob.com. We look forward to seeing you all there. Let's learn, be safe, and let's be inspired to run more.

Date: Thursday, October 25, 2018

Location: Hot Yoga Tallahassee, 1950 Thomasville Rd, 2nd Floor