

Yoga for Runners



Sponsored by In Step Running and Walking Centers

www.runinstep.com 414-220-4160 430 E. Buffalo Street

Participants in the class receive 10% off at Instep.



Monday Nights
5:30 pm – 6:30 pm
Special Rate of \$40
for a 5 week series
Starting February 15th

Call 414-224-1519 to register
The class is located at
Yama Yoga Studio
231 E. Buffalo, 2nd floor
Third Ward, Milwaukee

After the yoga class on March 1st meet with Jaime Lee at Instep for a Q & A on running and more. You will also receive 20% off your purchases this night only.

Although yoga and running lie on opposite ends of the exercise spectrum, the two need not be mutually exclusive.

During the course of an average mile run, your foot will strike the ground 1,000 times. The force of impact on each foot is about three to four times your weight.

All sports injuries are caused by imbalances. The pain most runners feel is not from the running in and of itself, but from imbalances that running causes and exacerbates. If you bring your body into balance through the practice of yoga, you can run long and hard for years to come. *Yoga will help you increase range of motion, agility, flexibility, lung capacity, endurance, and strength.*

This class is a mid-level class that is open to anyone regardless of yoga experience. The class will include asanas (yoga movements) that will stretch and strengthen the runners body, meditation for relaxation and focus, and pranayama (breathing exercises) to increase stamina and lung capacity.



Ricky Heldt is a Certified Integrative Yoga Therapy Instructor, Chair Yoga Instructor, MS Yoga Instructor, Reiki Master, Meditation Teacher and Thai Massage Therapist. He has been teaching and practicing healing arts for more than 10 years.

Contact Ricky Heldt at openlotusyoga@yahoo.com or call him at 414-759-8169 for information on upcoming classes and workshops or to schedule a private Yoga lesson, Reiki or Thai massage appointment.