

# Yoga for Runners & Athletes

# Workshop



w/Kat Mackenzie

## When:

Sat., Sept. 26 @ 3:00-5:30pm

## Where:

Namaskar Yoga: 3946 N Southport

773-472-0930

## Cost:

\$30 in advance \$35 at the door

### BENEFIT of YOGA for RUNNERS

- Improve confidence
- Build cardiovascular endurance
- Correct muscle imbalances
- Improve bone density
- Prevent pain and injury
- Correctly align knees
- Strengthen arches
- Strengthen abs and lower back
- Relax muscle tension
- Promote circulation with breathing techniques

**This workshop is designed** to target muscles specifically used in running and other sports. We will practice and discuss breathing techniques used to increase concentration and circulation. In addition, we will practice more vigorous cardio yoga to improve VO<sub>2</sub> max, flexibility, balance and strength. Also, this workshop will provide instructions on a routine that will fit into your individual sports training.

**Typically, the runner's body experiences** pounding, tightening and shortening of muscles and not enough restorative elongation and loosening. A regular and well-rounded yoga practice will help bring your body into symmetrical alignment. Yoga will help correct strength and flexibility imbalances which will help prevent injuries due to the repetitive nature of endurance sports.

**Kat Mackenzie's teaching style** includes detailed instructions on correct alignment and body posture; techniques on breathing; and procedures to safely move into and out of yoga postures. An avid runner, Kat has completed numerous runs from 5k races to half marathons. Kat enjoys working with special populations such as, athletes, people with disabilities and pregnant women.