

# Intro to ChiRunning

with Eric Collard



An interactive workshop  
where you learn the  
concepts to relax and be  
efficient on the run so you  
can aspire to achieve an  
injury-free running future

**Saturday  
January 28  
1-5pm**

**Louis Riel Dome  
1659 Bearbrook Rd,  
Ottawa, ON**

**Cost: \$125 tax included**



For more info:  
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**Come and learn to enjoy running again!**