

ChiRunning Workshop With Eric Collard

Date Sun March 17th 1-500pm

Cost \$150

Register online: www.ecinc.ca/event-registration/?ee=21



ChiRunning



The 4-hour workshop introduces the ChiRunning concepts through lectures, drills and demo's.

We don't actually do much "running", rather we concentrate on form and getting the basics down. There is a lot to learn in a short time!

ChiRunning is offered in very small groups to concentrate on giving feedback to everyone on their technique. With Q & A during the break and at the end of the day so everyone can get something beneficial and personalized out of the workshop.



www.yogpublic.com