

# ChiRunning <sup>workshops</sup>

With Eric Collard

ChiRunning combines proper bio-mechanics with the principles of TaiChi. It turns running from a sport to a practice, very similar to yoga. It engages the mind-body connection and makes running enjoyable again!

Eric Collard is one of only 13 certified ChiRunning instructors in Canada, having completed instructor training in California and teaching with ChiRunning founder Danny Dreyer in Florida and Canada. He has been teaching the ChiRunning technique since 2009. Eric is also a Certified Spinning instructor, an NCCP-trained triathlon coach, a Lululemon Running Alumni Ambassador and brings a diverse and entertaining approach to his workshops and training sessions. An experienced athlete, Eric has competed in over 60 races - from sprint triathlons to marathons and Ironman races all over North America.

**Friday, April 20**

## Running Talk

7:00 pm - 8:15 pm

Members: \$25 | Non-members: \$35

*This talk will focus on how to build a successful training program, from beginners looking to finish a race to experienced folks looking for a personal best. Eric will cover what the new trends in running injury prevention are saying. He will also answer questions on the science of running and why less is usually more in training.*



## New Trends in Running Injury Prevention - Talk

7:00 pm - 8:30 pm

Members: \$25 | Non-members: \$35

*Eric will talk on new trends in running injury prevention so folks can enjoy running again. Borrowing from running injury prevention guru Blaise Dubois' research, Eric will go past the myths and talk about what science is saying about what injuries and how they can be prevented. His talk will focus on the minimalist movement, footwear and running biomechanics.*

**Saturday, April 21**

## Intro to ChiRunning

1:00 pm - 5:00 pm

Members: \$135 | Non-members: \$150  
(Includes Evening Lecture)

*This 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! There is a big focus on posture for day-to-day activities and walking drills so everyone can benefit from this workshop. Eric does these in small groups so he can concentrate on giving feedback to everyone on their technique. He will also answer questions during the break and at the end of the day so everyone can get something substantial and personalized out of the workshop.*

**Sunday, April 22**

## Intermediate ChiRunning

1:00 pm - 3:30 pm

Members: \$75 | Non-members: \$85

*This refresher workshop is for those that have taken Eric's intro to ChiRunning workshop. It will be full of drills and demo's, complete with fresh ways of looking at the technique. The session will concentrate on making sure the concepts have been understood while Eric checks on your progress. This workshop will provide a great opportunity to ask questions and get feedback on running form.*

### Full weekend package rates

**Both intro and intermediate ChiRunning:**  
Members \$195 | Non-members \$225

*\*prices do not include GST*

Please pre-register as space is limited.

Workshops are done in a small group so personal feedback can be given to each participant on technique. This course is suited both for beginners and experienced runners. Please bring both indoor and outdoor running clothes.