



# ***Yoga for Runners and Athletes***

***Special class for Pioneer High School  
Cross Country Runners!***

## Why Yoga?

The benefits of Yoga for runners are far-reaching! Some of these include:

- The development of deep, relaxed breathing
  - Increased core strength
  - Increased flexibility and range of motion
- Improved mechanical efficiency and overall functional performance
  - Greater Balance
  - Improved ability to focus

6 week sessions

Sundays 1:00-2:00

Body Specs, Ann Arbor

1st session: 9/07-10-19

(NO CLASS October 5th)

\$60.00 per student

6 students minimum

Checks should be made out to Lisa Hesse

***“Pair yoga with running to get stronger, faster, and less injury prone”  
-Runner’s World Magazine May 2008***

### Instructor Bio:

Lisa Hesse has been a competitive long distance runner and triathlete for over 30 years. A certified RYT yoga instructor and personal trainer, Lisa brings her experience and knowledge of competitive athletics to her yoga classes. Passionate about helping athletes maximize their potential and minimize their risk of injury, Lisa’s goal is to help athletes experience and learn yoga techniques that fit their own unique needs and body types. No two athletes are alike!

For more information or to contact lisa:

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