



ChiRunning & ChiWalking Workshops

with **Michael M^cCaffrey**, Certified Instructor

Focus your Mind • Strengthen your Core • Energize your Life

<p>Cost:</p> <p>Half Day: \$125 Bring a Friend: \$105 each</p>	<p>When:</p> <p>Half-Day ChiRunning: July/Aug 2012</p> <p>Half-Day ChiWalking: July/Aug 2012</p>	<p>Where:</p> <p>Ottawa, ON 613-897-0647</p>
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Seasoned Runner - New to Running – Thinking About Starting a Walking Program
Individual and Workshop Instruction Available

ChiRunning combines the inner focus and flow of T'ai Chi with modern physics to create a revolutionary running technique that reduces pain and increases joy, focus and mental clarity.

What you'll learn:

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|----------------------|---------------------|
| Posture, lean & lift | Core-strengthening |
| Body sensing | Injury Prevention |
| Shifting gears | Energy conservation |

ChiWalking blends walking with the internal focuses of T'ai Chi to improve balance, strength and cognition, and through moderate exercise has increased the health and longevity of millions.

What you'll learn:

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|------------------|--------------------|
| Proper posture | Core-strengthening |
| Body sensing | Relaxation |
| Upper body usage | Pelvic rotation |

For more information, visit:

ChiRunning.com | ChiLiving.com | ChiWalking.com