

Introducing:

Yoga for Runners

Using sports science to increase performance.

- Rehabilitation and Injury Prevention
- Improved Strength and Mobility
- Sports Performance Enhancement
- Core strength and awareness

Starting Wednesday 24th March.

Using newly developed, sports specific yoga techniques to enhance natural movement. Yoga teaches body awareness, which after injury makes this a useful tool in rehabilitation & the retraining of damaged or weak muscles. I also provide specially designed personal training programmes to reach the next performance level in any sport.

*Contact Adam for more information
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