



Introductory ChiWalking/ChiRunning Workshop

with **Kathy Griest**



Master Instructor

*Improves Balance and Reduces Injuries
Energizes your health and fitness program*

ChiWalking/ChiRunning® blends walking and running with the inner focuses of T'ai Chi, the ancient Chinese martial art proven to increase balance, strength, and mental focus. The technique emphasizes the proper biomechanics of walking and running, including: good posture, loose joints, engaging core muscles, and relaxing your arms and legs. It's easier on your body and helps improve and eliminate the aches, pains and discomfort of moving incorrectly. You'll overcome poor movement habits that can lead to long-term injury, such as knee, back or hip problems.

What you'll Learn:

- Introduction to the ChiWalking/ChiRunning Method
- Injury-prevention techniques
- Core muscle drills and exercises to help in balance
- Upper Body and Lower Body usage
- Personal Check-in tricks and tools
- Innovative technique drills
- How to relax and conserve energy at any speed

SATURDAY JAN 28 9am-12pm SCPL (running workshop to follow walking workshop) - \$40