

The Naked Running Workshop

Only
\$65!

Do you want to learn how to **run injury free?**

Do you want to run **further, faster**, with **less effort?**

Frustrated by seeing other runners **make it look easy?**

**NEXT PROGRAM ON
SUNDAY SEPTEMBER 25TH**

Everyone wants to run with ease and efficiency and the great thing is that everyone has the body to do it! However, in our busy lives it can often be difficult to find the time and help to focus on developing our natural ability to run. Our **Naked Running Workshops** are the perfect opportunity to ditch the distractions of everyday life so that you can not only improve your performance, but maintain motivation as you run towards optimal health.

Throughout the 2 workshops you will be guided to discover the key points to enjoying your running experience.

Workshop 1 - Stripping it back

Understand the principles of stripping back running to its natural form and the importance this has on your performance.

Workshop 2 - Exploring on your feet

Create an efficient system by exploring and feeling a new approach to your running performance.

Come and join us for our workshops in a beautiful natural setting. We'll give you the tools and support so that you can discover all of the joy that running has to offer.

Where: Currumbin Valley EcoVillage

When: Sunday 25th September

Time: Workshop 1 - 8am - 10am

Workshop 2 - 10am - 12pm

Cost: \$65 per workshop or \$110 for both

Enrol in both workshops and receive a Newton running pack valued at \$45!



CONTACT CHRIS TO SECURE YOUR PLACE NOW!!!

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www.chiselrunners.com.au**