

Yoga for Triathletes

Harmony Yoga

Tuesdays, March 2 - April 27



Do you have tight hamstrings, quads, hips and/or shoulders that are limiting your range of motion? Would you like to gain an edge through your training for your race? Using stretches and classical yoga poses, you will be taught to use balanced action to stretch and strengthen your body. In this way, you will develop long, strong muscles and healthy joints, thereby optimizing their range of movement, recovery time, and prevention of injury. Working with the breath and a focused mind, you will develop a blend of mobility, flexibility, strength and agility.

Location: Harmony Yoga, 1717 W. 6th
(upper level parking lot)
Time: 7:30-9:00pm
Cost: 8 classes \$96, or \$80/ea for couples
Questions: Call Alison @ 747-4430
www.harmonyyoga.com

Alison Rubin is the owner and director of Harmony Yoga. She has practiced and taught yoga for over 25 years. Her instruction emphasizes attention to detail and technique, giving clear directions, demonstrations and manual adjustments whenever necessary. She is looking forward to sharing with you and helping you achieve your goals.

Triathlete's Registration

Name/s _____ Phone _____

E-Mail _____

Address _____ City _____ State _____ Zip _____

Please send your fee to Harmony Yoga, 1421 W. 16th Avenue, Spokane, WA 99203