

Posture Workshop

with Eric Collard

ChiRunning combines the principles of tai chi while teaching proper posture and running biomechanics. Everything in the technique goes back to the two guiding principles of energy efficiency and injury prevention.

Proper posture is all about aligning your shoulders hips and ankles. It sounds easy but there is a lot of details that must be right in order to be in proper alignment.

One of the great benefits of the technique is that it really teaches participants how to be gentle to the body. If you're lighter on your feet, not only will your body thank you down the road but you will also enjoy your activity a lot more.

**Video analysis will be used to help you visualize the progress*

Tuesday, March 26 • 7-8:30pm

Gloucester Centre Chiropractic
1980 Ogilvie Rd., Suite 207
Ottawa, ON

Price: \$40

Register Online!

www.ecinc.ca

Eric Collard

ChiRunning Instructor



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