

# Yoga For Runners with Bo Srey

Yoga can help improve Strength, Flexibility,  
Posture, Balance, Endurance, Mental Focus.



In this yoga Workshop for Runners, we will work on muscles, joints and connective tissues to build strength, stability and flexibility, which in turn will improve endurance, circulation and prevent injuries.

The workshop will focus on the following areas of concern for runners:

- \***Strengthening** Glutes, Adductors, Core, Quads, Spine
- \***Stretching** Achilles tendon, ITBand, Hips, Hamstrings, Spine
- \***Breathing/Guided Meditation** to improve mental focus.

**Date: Saturday, June 25<sup>th</sup>, 2010**

**Time: 2:30 – 4:30pm**

At Sangha 56A Kandahar Street  
Parking available at Public Parking Lot on  
Kandahar Street and Landmark Hotel  
Closest MRT: Bugis

Price: \$45

To register for this event

Email: [info@sangha.com.sg](mailto:info@sangha.com.sg)

Tel: 62967202

[www.sangha.com.sg](http://www.sangha.com.sg)

