

Yoga for Runners Specialty Yoga Course

Join Yoga instructor and avid runner Andrea Robertson to prepare for Ottawa Race weekend. We will focus on bringing balance back into the body and soothing tight overworked muscles.

Pure Yoga Ottawa
279A Richmond Road
www.pureyogaottawa.com/

When: Sunday's 1:30-2:45 p.m
April 21st, April 28th, May 5th, May 12th, May 19th

Pre-register to guarantee your spot today www.pureyogaottawa.com

**\$95 all 5 classes, including Yoga for Runner's DVD
\$20 for Drop ins.**



 **OTTAWA MARATHON**

Body & Balance
YOGA AND TRAINING

PURE YOGA
O T T A W A