

Yoga for Runners Winter Session

Celebrate the New Year by finally signing up for that yoga class you've been meaning to take! Run Wild Missoula is offering two 12 week yoga classes specifically designed with the runner's body in mind. Each class will focus on stretching, strengthening and balancing poses that will complement all of the miles you are running each week. Whether you are training for the Boston Marathon or getting ready for the Riverbank Run, this class will challenge and inspire you to take care of your body and mind in the coming year. Classes are held upstairs at the Runners Edge. Yoga mats and straps are provided.

To register or find out more about the classes offered, email Missy Adams at missyadams410@yahoo.com and send registration and payment to: Run Wild Missoula, Box 1573, Missoula, MT 59806

Name _____

email _____

Are you a RWM member? ____

Circle the class(es) you are interested in taking.

- Tuesday Lunch Yoga, 12:15 – 1 p.m., January 5th-March 23rd
Cost: \$68 for RWM members/\$75 for non-members
- Thursday Evening Yoga, 6 – 7 p.m., January 7th-March 25th
Cost: \$78 for RWM members/\$87 for non-members