

Run Wild Missoula
Yoga for Runners
Fall Session 2010

Fall into a new season and stay healthy and injury-free by signing up for Yoga for Runners. Run Wild Missoula is offering two yoga classes specifically designed with the runner's body in mind. Each class will focus on stretching, strengthening and balancing poses that will compliment all of the miles you are running each week. Whether you have just started walking or are training for a marathon, this class will challenge and inspire you to take care of your body and mind. 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 Run Wild Missoula Member? _____

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

- Tuesday Lunch Yoga, 12:15-1:00pm
September 14th-December 14th
\$77 for RWM members/\$83 for non-members

- Thursday Evening Yoga, 6:00-7:00pm
September 16th-December 16th(no class on Thanksgiving)
\$85 for RWM members/\$90 for non-members