



Chi Running & Chi Walking Workshops

with **Ruth Farrell**

Focus your mind | Strengthen your core | Energise your life

What you will learn: alignment & posture, core-strengthening, body sensing, injury prevention, shifting gears, cadence, relaxation, arm-swing, energy efficiency, pelvic rotation

Cost:	When:	Where:
Chi Running	1day Chi Running	St. Dominics Centre
€95pp	Sept 3 Oct 1 Nov 5	Montenotte, Cork
Chi Walking	½ day Chi Walking	St. Dominics Centre
€55pp	Sept 24	Montenotte, Cork

Ruth Farrell Certified Instructor

087 2432 593

email: effortlessrunning@gmail.com

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web: chiliving.com

....energy efficient, injury free & effortless.....



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