

- **Injury-free running for the rest of your life!**
- **Increase your running speed while reducing effort!**
- **Finish running a pain-free marathon and look forward to running again!**



Chi Running Workshop with Aracely Areas *

February 13, 2010 – **SOLD OUT**

February 14, 2010 – **SPACE LIMITED**

Who can benefit from ChiRunning? *ChiRunning has helped many people, from beginners, to cross country runners to triathletes. The ChiRunning approach is an elegant and enjoyable program that builds a healthy body, instead of breaking it down from misuse or overuse.*



***Aracely Areas** is a certified ChiRunning® instructor (since 2004) who lives in San Jose, CA. As a runner for over 15 years, she experienced the runners' challenges of injuries and pain. She will never forget the summer day in June 1999 when she ran 5 miles with Danny Dreyer, founder of Chirunning. It was the first time she felt such joy while running that her running philosophy changed forever. Now she enjoys running without injury. She has completed 20. She has assisted Danny Dreyer in teaching ChiRunning workshops and teacher training. She has also earned a Black Belt in Tae Kwon Do. Aracely teaches with passion and respect. She loves to assist seasoned runners in developing better form which leads to greater ease and speed; as well as to help newbie's start off on the right foot (pun intended!)

Place: Abita Springs Be & Be Time: 9A - 4PM

For more info: Call Dianne Falgout 985-966- 3849 or visit www.chirunning.com

Cost: \$225.00 includes video taping analysis and Chi Running Book