



ChiRunning®

- **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!**



ChiRunning Workshop

With Certified Instructor
[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. Since then she has completed 20 injury-free marathons; assisted Danny Dreyer in teaching

ChiRunning® workshops and teacher trainings; and 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 that leads to greater ease and speed; as well as to help newbies 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