



Chi Running: *Creating the Conditions for Energy Flow*
(Nov) PEHL2688, (Mar) PEHL2689

Chi Running practice helps you focus your mind, lift your spirit and open up your flow of Chi. It combines the inner focus and flow of T'ai Chi with the power and energy of running, creating a revolutionary running form and philosophy that takes the pounding, pain, and potential damage out of this sport. It increases mental clarity and focus, enhances the joy of running, and turns it into a safe and effective lifelong program for health, fitness, and well being.

Topics:

- The keys to effortless injury-free running
- The physics of running without using your legs
- Chi running versus power running
- Introduction to the Chi running form
- Injury prevention techniques
- Personal check-in tricks and tools
- Learning to use your gears
- Core muscle drills and exercises, pre-run body looseners
- Innovative technique drills
- Learn to run with ease up and down hills, conserve energy

Learning Outcomes:

Chi Running can help you recapture the effortless nature of running. Developed by ultramarathoner Danny Dreyer, it is focused on how you run rather than simply the results of your running: it is more process-oriented than goal-oriented. Bring running gear and layered clothing (expect to be outside).

Facilitator: Donna Spencer is a Certified Chi Running instructor who has been running for 28 years and coaching for 12. She completed her instructor training three years ago with Danny Dreyer, the founder of Chi Running, and has taught under the supervision of a master instructor. www.natural-pace.ca

Length: 1 day

Date: Sat, Nov 26, 2011 & Mar 31, 2012

Times: 9:30am – 4pm

Cost: \$150 + applicable taxes

Best to Register By: Sat, Nov 12, 2011 or Sat, Mar 17, 2012

To Register:

Register online at <http://www.royalroads.ca/continuing-studies> using Visa or MasterCard; or by telephone, Monday to Friday, 9:00 a.m. – 4:00 p.m. at **250-391-2600, ext. 4801**; or **Toll Free at 1-866-890-0220**. Or, come by in person to the Continuing Studies reception area in the **Grant Building, 2005 Sooke Road**, Victoria, BC, Canada V9B 5Y2.