Yoga For Runners

with Rachel G. Horn

Sprint into the Spring season with this workshop for runners of all levels – from casual joggers to competitive marathoners. You'll learn poses to prevent injury, enhance your stride and discover how to breathe easier on and off the trail.

Saturday, March 10 from 2:00 – 4:00 PM

$25 Per Student + Please Pre-Register + Space is Limited

As a 200-hour certified yoga teacher, Rachel caters to students looking to improve their focus, strength and balance. Her classes combine the heat and flow of Ashtanga with precise instruction for a well-rounded practice that is accessible to everyone.

Santa Barbara Yoga Center
32 East Micheltorena Street

(805) 965-6045
santabarbarayogacenter.com

Payments for workshops are non-refundable, but may be converted into credit (minus $10 processing fee) if cancellation is made within a minimum of 48-hour notice.

SANTA BARBARA YOGA CENTER™