

Running Clinic at Bentgate Mountaineering, GOLDEN 17 of October 2018, 6-7pm

**Pay attention to your feet for 20 mins ...
And improve your running for hours!**

Whether you are an experienced runner, like to compete, enjoy running outdoors, or just started jogging, we all share one desire:

To feel our body at ease and to experience this rewarding feeling of lightness and flow while running.

Join me for a 20 minutes free clinic to improve your running.

We'll work on small movements of your body, paying attention to your feet, ankles, knees, and hip joints before going for a run if you wish and see the difference.

You may be pleasantly surprised!



I have been working with athletes, artists and professionals, using a combination of body, voice and focusing practices, to help them feel better, stronger and more alive.

www.bodyvoicefocusing.com

www.facebook.com/agnes.bmbt

