



Yoga for Cyclists

with James Bryan

Saturday 29 April 2017
1.30 - 3.30pm @ The Yoga School

This workshop will look at the many benefits yoga has for cyclists and we'll cover yoga poses to help bring balance back to any cyclist's body.



James

\$59
or \$49 early
bird if paid by
8 April

Cycling is a great form of exercise and an eco-friendly mode of transportation. It offers excellent cardiovascular benefits as well as muscular endurance and strength, however, many cyclists struggle with excess tension in the shoulders, back and hips.

The repetitive nature of cycling biomechanics and the cycling posture itself create physical imbalances that cyclists specifically, must try to counteract.

Some of the world's most elite cyclists use yoga as part of a successful training program, including 2012 Tour De France winner, Bradley Wiggins¹. Wiggins benefits from the focus it brings to his cycling, while others such as pro-mountain biker and Olympian, Jeremy Horgan-Kobelski, use yoga to gain strength². From power to endurance, athletes at all levels are incorporating yoga to gain an edge over the competition, and prevent injury.

¹ Roohipour, Parisa. "Bends with Benefits: Yoga for Cyclists" Sportive.com., 14 Oct. 2013. Web. 13 Jan. 2014.

² Lindsey, Joe. "Improve Power And Balance" bicycling.com., 2013. Web. 13 Jan. 2014.



Bookings can be made in person at the school or online: www.theyogaschool.com.au

For more information call James on **0415 362 534** or email: james@knoffyoga.com

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*Stretch your body,
calm your mind*