Mindful Running

Level: Beginners and advanced runners
Location: SSC Entrance
Price: 40 euro
Number of lessons: 5
Period: Every Quartile
Day & time: Tuesday, 19h00-20h30
Sports equipment: Sports clothes and running shoes

This course is a combination of breathing techniques, mindfulness, yoga and running. In this course the focus will be on breathing better, having a better focus, walking easier and relax sooner. You will discover different techniques so that you can discover which technique works best for you. The most important result: less stress and more energy, also when you are not running.

The course is for every runner and is open for beginners and advanced runners. The great thing about this course, is that you can use the mindfulness and breathing techniques your whole life, not just when you are running.