



Kari will be guiding you through many exercises and drills designed to leave you with a clear Body Sense of what the ChiRunning® technique feels like.

Here's what you'll get:

- The keys to effortless, injury-free running- the philosophy behind chi running
- The physics of ChiRunning®: how to run without using your legs for propulsion.
- Introduction to the ChiRunning® and ChiWalking® technique: posture, lean and ankle lift, arm swing, core rotation
- Personal check-in tricks and tools and drills to improve your internalization of ChiRunning® techniques.
- Introduction to the importance of cadence and stride length.

We will not be running for extended periods of time (contrary to what you might imagine), so no matter what condition you're in, have no fear. We will spend the day alternating between demonstrations, fun exercises and technique drills. The nature of the day will be relaxed, fun, and full of great information to get you off on the "right foot."

This class is designed for the beginning runner or for runners who are new to ChiRunning®. We recommend that you read the first four chapters of the [ChiRunning® book](#) and/or watch the [ChiRunning® DVD](#) prior to your workshop.