

LEARN TO RUN WITH EASE WORKSHOP

Friday, September 25th 4pm-7:30pm

Saturday, September 26th 9am-12:30pm

Saturday, September 26th 2pm-5:30pm

[CHOOSE ONE TIME SLOT]

*By popular demand we are providing a course this
Autumn to help your
running become more:*



- * Enjoyable
- * Effective
- * More free and easy
- * Less prone to injury

With

MALCOLM BALK

Level 4 Athletics Coach
Pose Method Running Coach
Alexander Technique Teacher
Author of 'Master The Art of Running'



Suitable for beginners and serious runners.

Use individual video analysis.

Workshop fee: \$100

Early birds (till August 10th): \$90

After September 15th: \$110

Malcolm Balk is also available for private and semi-private (2-3) lessons

Contact: Gaby Minnes Brandes
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