



WELCOME & INTRODUCTION



Hi, my name is Laura from Laura Fisher Yoga and I'm going to be your instructor for the next 7 weeks. During these 7 weeks you will get clear, safe and easy to follow step by step instruction from me a fully qualified, highly experienced yoga and anatomy specialist who is passionate about both running and runners. I have worked with many runners over the years and with this course you get the benefit of all my knowledge and experience within the comfort of your own home.

The course is designed for people who have never done yoga before so I will teach you everything slowly and clearly. It does however presume a reasonable level of fitness befitting a runner. The specialist and tailored approach will also be great if you do have prior yoga experience. Please do note that the information provided in this course is for educational purposes only and you participate at your own risk. If you feel dizzy, light headed, faint or if you experience any other discomforts, stop exercising immediately and consult a medical doctor. You are responsible for your condition during your workout. Never force or strain as this may result in injury.

I'm really excited to share with you my online 7 Week Yoga For Runners Course. This course is designed as a form of cross training to keep you running and free from injury. Over the 7 weeks you will learn how to improve your posture, breath control, focus and flexibility, you'll learn how to build strength and stamina in key areas such as your glutes, thighs and core muscles and you'll learn techniques and stretches to help eliminate nagging aches and pains. At the end of the course you will still have access to all the materials, videos and online yoga classes for ever more so you can enjoy them time and time again and incorporate them as part of your training regime. You will need an internet connection to partake in this course as it is streamed online rather than downloadable.

Did you know that during an average one mile of running your foot will strike the ground one thousand times and that the force of each strike against the ground is about 3-4 times your body weight? According to studies by the American Journal of Sports Medicine 65% of runners get injured every year and every runner will on average get 1 injury per 100 hours of running. And as we all know getting injured and being in pain whilst running sucks. Running is addictive, running is amazing so let me teach you how to prevent injuries and improve your running through yoga.

So, what's the plan? How are we going to do this?

Well each week I'm going to introduce you to a handful of new foundational yoga poses, and teach these to you slowly and thoroughly through a series of short instructional videos. Next we put them together so you get to enjoy a full length yoga classes designed to target specific areas of concern for runners with regards to both strength and flexibility. Each week you also get bonus material with more techniques from yoga to enhance your running.

This course does not offer any medical advice and you should consult a medical practitioner before attempting any exercise, to ensure that you do not injure yourself. This is particularly important if you are overweight, pregnant, nursing, regularly taking medications, or have any existing medical conditions. This site may not be tailored to match your physical and mental health. We accept no liability whatsoever for any damages arising from the use of this course.