

I'm NOT getting older, I'm just moving to a new "Age Group"

October 20, 2018

1:00 to 3:30 \$25 in advance or \$30



YOGA for the "Aging" Athlete

- Any athlete who isn't aging has a problem (they dead!)
- Recovery becomes all the more important as we age. Yoga can help with bouncing back after intense exercise, a critical challenge for older athletes.
- Top performance requires effective recovery.
- Yoga can help with injury avoidance and repair/recovery.
- This workshop will provide Yoga routines for athletes and others, for exercise and injury recovery.

Garden of Yoga

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Jim Shaw

Jim Shaw has studied and practiced Yoga asana and pranayama for four decades. He has taught for nearly twenty years at Garden of Yoga and other locations. Jim's practice centers on Yoga as taught by B.K.S. Iyengar, with whom he was privileged to study in 2005. Jim has completed many triathlons including "Escape from Alcatraz", and is a top "age group" 5K and 10K runner, also a cyclist and weight training