

ChiRunning® WORKSHOP

LEVEL 1



Learn how to run INJURY FREE & EFFORTLESSLY!!

HOSTED BY:

Dr. Romeo Dimaano, D.C.

TOPICS OF DISCUSSION:

Posture, Upper & Lower Body Focus, Cadence, Gears, Video Analysis, etc.

WHEN:

Saturday, October 18th; 8:00 am - 11:00 pm

WHERE:

*Active Spine & Sports Care
2370 Las Posas Road, Suite B, Camarillo, CA 93010*

COST: \$75*

WHAT TO BRING:

Running Attire, Bottled Water and Towel

To Register please visit www.TheActiveSpine.com

Attendance is limited.

* If you are unable to keep your appointment, please contact us as soon as possible, 24-hour cancellation notice is necessary for a full refund.