



Learn to run efficiently and decrease the risk of injury!

ChiRunning Workshop

We are excited to host
Wrentham Resident and Master Certified ChiRunning Instructor

Marc Waxman

Since 1999, ChiRunning has helped thousands of runners transform their technique - reducing, preventing, and recovering from injuries.

Runners of all ages and levels have improved their efficiency and performance, and now find running to be pain-free, easier, and enjoyable.

Cost: ~~\$150.00~~ Free for Wrentham Residents!

Open to only 15 participants. Spots will fill fast!

Dates/Location: Nov. 9 + 16 from 730-9 PM at Wrentham Delaney School Gym

Note: You must attend both Sessions

To register: wrenthamma.myrec.com

Questions contact Marc: coachmarc113@gmail.com

(646) 789-6925

Through modeling, drills, and real-time feedback Marc will support participants in learning how to access the deep power reserves of their core muscles and “move from the middle” with a technique that leads to comfortable and efficient movement. Topics include using the forces of nature (and not your muscles!) to move, establishing a consistent cadence while running, increasing your pace through relaxation, efficiently navigating hill running, and much more. Your body will thank you for the time you spend learning ChiRunning!

Want to learn more about ChiRunning? Click [here](#).

Want to learn more about Marc? Click [here](#) and [here](#).