



FOR ATHLETES

Hi everybody, this is Carolyn Pask from Livermore Cyclery. As some of you already know, I am kicking off yoga and wellness for Livermore Cyclery as a way to reach further out to our wonderful community. I am proud to announce that yoga is becoming a regular class in our shops, offered through my True To You Yoga and Wellness program.

Athletes need yoga- cyclists, runners, triathletes, baseball players...you name it!! Not only does yoga improve your strength, balance, and flexibility, but it also assists athletes with breathing techniques and focus, giving you a competitive edge, even if you're only competing against yourself!

You can have the secret weapon of yoga in your pocket with a few simple moves performed a few times per week. This technique is a form of cross training that works wonders- strengthening while keeping the body flexible and limber, as well as increasing your energy, clearing your mind, and strengthening your nervous system.

We will be offering 12 slots per class in our Dublin and Alamo locations, and 16 slots per class in our Livermore location. Thank you for reading this, and feel free to pass this along to anybody you think might be a good fit for my program!

Classes: Yoga at Livermore Cyclery, taught by Carolyn Pask

When: Starting Tuesday, April 24, 2018

Cost: \$16 per class drop-in. Discounts for class packages will be available soon!

Details: These classes are going to be a basic practice based on Kundalini and Vinyasa techniques, with an emphasis on flexibility, awareness, strengthening, breath work, and relaxation of the body and mind. This class is designed for participants of all levels and physical capabilities. Please bring a yoga or exercise mat, a towel or blanket, and any other accessories that will help you feel comfortable and grounded (i.e. pillows, blocks, etc.)

If you have any questions about the class style or who can participate, please contact me directly at wellnesscarolyn@gmail.com.

To sign up, please utilize the button below, or copy and paste the following link on your own: <https://bookeo.com/truetoyouyogaandwellness>. We'll see you there!

True To You Yoga and Wellness with Carolyn Pask

The logo for Livermore Cyclery is written in a black, cursive script. The word "Livermore" is on the top line and "Cyclery" is on the bottom line, with the two words overlapping slightly. The letters are fluid and connected.

Hosted by Livermore Cyclery,

Family-owned and operated,

Celebrating over 40 years of business.

Serving the SF Bay Area since 1976.
