

# The Art of Slowing Down: For Runners and Triathletes

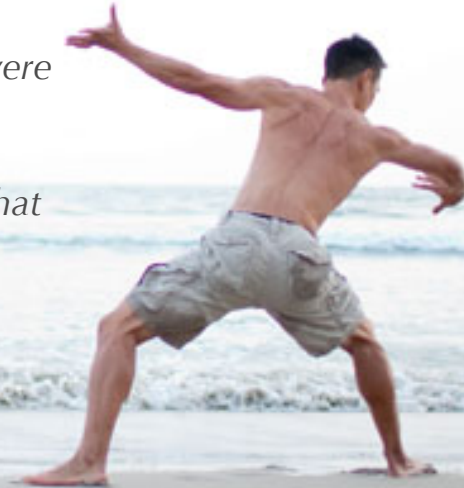
Sunday, September 18<sup>th</sup> 1pm – 4pm  
\$50 in advance, \$55 at the door

*Why does trying harder sometimes become an exercise in futility?*

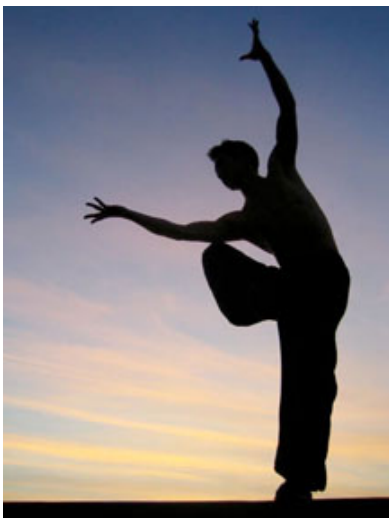
*Why does following "expert advice" often lead to little or no improvement?*

*What if speed, power, agility and coordination were more a function of learning and self-awareness than talent?*

*What if there were an efficient way of learning that could be applied to every area of human experience?*



In this workshop we will explore crucial but largely ignored biomechanical principles used by Olympic athletes. We will be drawing from a highly unique approach that includes elements of Bagua, Taichi, boxing and The Feldenkrais Method®.



**Edward Yu** is a Certified Feldenkrais™ Practitioner, former competitive runner, triathlete, and Bagua & Taichi teacher. He is the author of *'The Art of Slowing Down: a senseable approach to running faster'* and the founder of *Radically Transformative Fitness*.

**Call 310.559.7200 to Reserve your Space!**





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