



**Complementary Health Clinic  
and Fitness Studio**

**Chi Running Workshop With  
Catherina McKiernan**

**Master Chi Running Instructor (Europe)**

Chi Running – The best technique for effortless injury free running

- Improve your running technique
  - Cut out the threat of Injury
- Reduce the impact on your joints

**Saturday 21<sup>st</sup> March 2009  
10.00am – 5.00pm**

**For further information or to  
Book your place contact**

**Pat Curran (087) 9530046 or  
Irene Clark (086) 8242348**

**Workshop cost includes  
Gait Analysis  
& computerised foot strike evaluation.**

**Suitable for runners of ALL Levels & abilities.**

**Tel (058) 44366**

**Email [info@dungarvanhealthandfitness.com](mailto:info@dungarvanhealthandfitness.com)**