



# ChiRunning® Clinic

---

**What is ChiRunning?** "ChiRunning combines the inner focus and flow of T'ai Chi with the power and energy of running to create a revolutionary running form and philosophy that takes the pounding, pain, and potential damage out of the sport of running (low impact technique). The ChiRunning program increases mental clarity and focus, enhances the joy of running, and turns running into a safe and effective lifelong program for health, fitness, and well-being."

**Who:** Josh Miller has been running for 23 years and practicing T'ai Chi for 13. He was introduced to ChiRunning several years ago, and his approach to running has been transforming ever since. Josh, a certified ChiRunning instructor, holds workshops in Wisconsin and Iowa and also works individually with runners. He is the director of Massage Therapy at Capri College in Dubuque, Iowa, and has been a massage therapist for 12 years

**When:** Saturday, November 7, 2009, 8 am to Noon

**Where:** Heart of the Valley YMCA, Kimberly

**Cost:** \$125.00 in Advance to hold your place. Limited enrollment.  
(Checks Payable to: PaceSetters of the Fox Cities)

## Registration Form:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Payment: \$125.00 USD enclosed: Check# \_\_\_\_\_



Send form & payment to: PaceSetters, ChiRunning Clinic, PO Box 681, Menasha WI 54952-0681