

B now Breathe **Pilates for Runners**

with Tasha Bermingham

Tuesdays: 6.30pm to 7.30pm
Next Start Date: 25 August

A 6 week series for runners.

Are you experiencing knee, lower-back, calf, or hip issues? Want to avoid injury downtime? Find new freedom and performance possibilities in your running.

Learn:

1. Awareness of the deep abdominals, the foundation of a fast efficient runner.
2. How to activate your glutes (Max and Medius) which pull the femur back into extension, to unload the knee joint.
3. How to stop your deep back muscles (Quadratus Lumborum) from overworking and avoid spasm and pain.
4. How to relax muscles to allow correct recruitment and avoid excessive muscle tension.
5. How to engage your inner and outer quadriceps muscles to keep your knee tracking neutrally.
6. Correct foot placement and form to enable improved awareness in dynamic movement to help you improve your heelstrike, lumbo-pelvic and upper body movement patterns.

Questions about Pilates? Find [answers here](#).

About Tasha

Tasha has recently returned to New Zealand after living and teaching Pilates in London. Tasha trained with the Pilates Foundation in London. Most recently Tasha worked with Trevor Blount Pilates, Laban Pilates and The Third Space Pilates. Tasha's experience with a range of high-performance athletes / dancers, and weekend warriors brings a high level of understanding to the biomechanics of movement. Tasha's passion for working with you to achieve your goals, whether rehab, performance, or prevention-focused will inspire you!

Charge: \$180

To Register

Open to all levels of runner! Preregistration and prepayment are required. Please contact Now Breathe to reserve your place. This is a tuition-based course with no make-up sessions offered.

Cancellation Policy

Please allow a minimum of 1 week notice if you must cancel your registration, otherwise you will be responsible for the full cost. We will refund your payment only if we can fill the slot. Unattended sessions are nonrefundable.