

BREATHE NEW LIFE INTO YOUR ROUTINE WITH **ALI MATHERS**

MAY 31ST, 2023 – 12:00 BST | RIGRUN RECOVERY ZONE

Harness the power of breathwork with expert psychologist (and our favourite yogi!) Ali Mathers, where you'll learn about the power of restorative breathing and how it can help:



- Improve your endurance so you can work out for longer
- Help you to relax and clear your mind so you can stay focused on your form
- Increase your energy efficiency and adrenaline levels for enhanced sporting performance
- Assist with your recovery by allowing you to regulate your sympathetic nervous system

Visit rigrun.co.uk/recovery-zone for more details.

INCLUDES PRIZE DRAW ENTRY TO WIN NEW YORK TIMES BESTSELLER, 'BREATH: THE NEW SCIENCE OF A LOST ART' BY JAMES NESTOR!



Scan the QR code to
join the webinar!

