

Yoga For Runners By Lexie Williamson

By Lexie Williamson

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Lexie Williamson is a British Wheel of Yoga and Yoga Sport Science instructor. She specializes in teaching Yoga for Runners and Cyclists and has worked 1/2/1 with

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Lexie Williamson is a British Wheel of Yoga (2008) and Yoga Sports Science (2010) qualified instructor specialising in yoga for runners and cyclists.

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Obviously a specific yoga for runners class is ideal as it will offer more targeted lower body Lexie Williamson is a yoga instructor and the author of Yoga

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Running is a fantastic cardiovascular workout that floods the body with 'feel good' endorphins and many runners find its rhythmic, repetitive nature a natural