

Yoga For Runners By Lexie Williamson

By Lexie Williamson

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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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She runs regular Yoga for Runners and Cyclists in Surrey and Lexie Williamson is a British Wheel of Yoga-trained instructor Pulse Yoga 2011 - 2014 |

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