



## Yoga for Triathletes

Trifactor Triathlon Club has partnered with Lindsay Pellerin (yoga instructor and Registered Massage Therapist) to provide a ten-week *Yoga for Triathletes* program.

The program is tailored to triathletes and focusses on flexibility, injury prevention, and improving muscle imbalance in a friendly, welcoming environment. This is the program's third year, and given its success, Trifactor is inviting Triathlon Manitoba members to participate as well.

When: Every Tuesday, October 10 – December 19, from 6:45 p.m. – 8:15 p.m. (note: no class October 17)

Where: Cindy Klassen Rec Centre ([999 Sargent Ave](#))

Cost: \$120 for ten 90 minute sessions

To register (or for more information), please contact Amanda Lieverse at [amandalieverse@gmail.com](mailto:amandalieverse@gmail.com) or [204-479-2715](tel:204-479-2715). Space is limited so don't delay.

**A bit about Lindsay...** Lindsay is an instructor at Peg City Yoga and has worked as Registered Massage Therapist since 2009 after Graduating from Wellington College in Winnipeg. Looking to explore the connection between movement and massage therapies she studied at the International Training Massage School in Chiang Mai Thailand, where she received her diploma in 2011. As her passion for yoga evolved, she looked to add depth to her practice by completing the 200 Hour Yoga Teacher Training Certificate, with Himalaya Yoga Valley Centre in Goa, India and currently completing a 200hr teacher training with Sivatantra Yoga Teacher Training in Winnipeg. Lindsay believes in the positive influence that yoga can have on one's life. She has witnessed, in her own life and in the lives of others, the ability for yoga to strengthen a connection with the self, and allow individuals to be active in their own healing process. Having lead classes since 2014, and practicing since 2004, she has witnessed Yoga's ability to build community by bringing individuals together in an intimate yet unified act.