

## FLEXIBILITY & RECOVERY FOR CYCLISTS

UMA KLEPPINGER TEACHES

# bikeyoga

Develop core strength, flexibility and aid recovery from training and racing. The class starts with simple breathing techniques to help relax and focus mind and body, then utilizes both dynamic/active and passive stretching for maximum benefit. Designed specifically for the competitive cyclist so you'll feel better—on and off the bike. No prior yoga experience is required.

**STARTS MONDAY 11/17**

**Mon, 6-7:30pm**

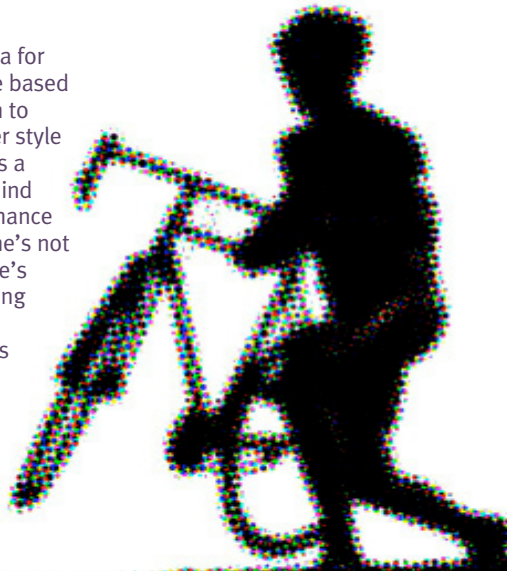
**\$15 drop-in or \$125/10**

**Tues/Thurs, noon-1pm**

**\$10 or \$90/10**

**Space is limited. Please arrive early to begin on time.  
To reserve a spot email: [umayoga@comcast.net](mailto:umayoga@comcast.net)**

Uma Kleppinger has been passionately teaching yoga for 10 years. Her methods are based on a therapeutic approach to strength and flexibility. Her style incorporates meditation as a method of training both mind and body for peak performance and happy living. When she's not sporting lycra for yoga, she's donning a chamois, enjoying an amateur career in road and track racing, as well as getting dirty on the trails and in the mud. For more go to [www.umakleppinger.com](http://www.umakleppinger.com)



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