

street

Race to the Finish

It's Time to Work it Out

• Writing | Martine Bury and Rebecca Brown



RUNNER'S YOGA

Combining a mile and a half outdoor run with 60 minutes of yoga, instructor Angie Stewart takes downward dog to another level. Through Stewart's self-developed and unique movements, she provides clients with an opportunity to improve both speed and stamina during the run portion, and then focus on upper-body strength and core through yoga. This one-of-a-kind class is offered throughout the city and combines the calmness of the outdoors with the intensity of fitness. At this time of year, it takes a bit of willpower to overcome the distraction of doing yoga postures in the brisk winter air. The upside? Not having to go it alone. The camaraderie of running while getting to know new people helped us stay motivated and not poop out halfway through.

www.angiestewartfitness.com



ANGIE STEWART

