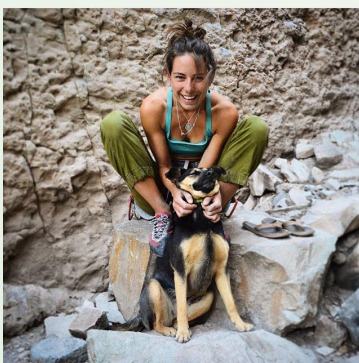


YOGA RECOVERY  
FOR THE MODERN MOUNTAIN ATHLETE  
STARTS OCT. 1<sup>ST</sup> TUESDAYS & THURSDAYS 6-7PM  
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Elevate your athletic performance with an increased range of motion. Create space within the body to allow the emergence of better alignment. Lay a foundation of mobility to build strength and endurance upon. Decrease the risk of injury.



Sarah Coburn is a certified yoga instructor, trainer and athlete. She has coached athletes with various goals and diverse interests. As a yoga instructor, Ripple Effect trainer and climber, she has learned how invaluable a mobile body is for improving athletic performance.

Contact her at [sarahcoburn17@gmail.com](mailto:sarahcoburn17@gmail.com)

