



Pictured at the ChiRunning workshop in Ocean Fitness are Sarah Thornton, Personal Trainer, Catherina McKiernan and Keith Gildea, Manager of Ocean Fitness.

Putting the Chi in running

Renowned Irish runner Catherina McKiernan was in Salthill recently, giving a workshop in ChiRunning, a cutting-edge approach to better running.

Catherina was invited to Galway by Sarah Thornton, one of Galway's leading personal trainers. Sarah had previously

attended one of Catherina's workshops, and was inspired by the ChiRunning programme, which enhances the joy of running and makes it a safe and effective lifelong programme for health, fitness and well-being.

"I did the workshop in Dublin in July and immediately

thought it would be great for my clients to do it too. I really like the way Catherina focuses on the enjoyment of running and getting the most out of it without injuring yourself. She has a lovely way of explaining this technique that is very inspiring. In the end, we had to add on

you are looking for, you will find it here.

Hot stone massage is always very popular this time of year, as it helps melt away aches and pains caused by everyday stress and strains. Clients are also finding reflexology an excellent treatment to help balance the mind, body and soul. It has many benefits as it can alleviate many symptoms of chronic illness.

Health professionals recognise this and now all health insurance companies include it in their therapies covered.

Like many other busi-

nesses, you can receive a special massage or personalised facial when they spend €200 on vouchers.

The website has just been launched at www.aromahealthbeauty.ie, which has details of all the treatments and special offers.

For more information, contact Aromatherapy Health & Beauty Clinic, 21 Eyre Square on 091-562597.



another workshop because of demand from sports clubs and individual runners around Galway," Sarah explained.

The ChiRunning workshops were held in Ocean Fitness, Galway's new premier fitness facility in the Salthill Hotel,

where Sarah Thornton Personal Training will be available from January.

For further information, log on to www.catherinamckiernan.com, www.sarahthorntonpt.com or www.oceanfitness.ie.