
PRESS RELEASE

BEND BULLETIN, DEC 2010

FOR IMMEDIATE RELEASE

BikeYoga Aids Athletes at 2010 Cyclocross Nationals Competition in Bend, OR

BEND, OR, NOVEMBER 23, 2010 – BikeYoga classes and workshops will take place throughout Bend the week of Cyclocross Nationals competition December 6-12, 2010. Designed by yoga expert and competitive cyclist Uma Kleppinger, BikeYoga is a simple but powerful combination of movement, core conditioning, flexibility training and meditation, created for cyclists.

More than merely another general yoga workout, BikeYoga sessions focus on optimizing performance by improving physical comfort on and off the bike. As suggested by recent studies in sports psychology, meditation and breathing techniques are employed to focus the mind, manage performance anxiety, and aid with recovery.

With over 20 years of cycling experience and 15 years of therapeutic yoga training, Kleppinger's approach is unrivaled in its effectiveness. "More than once Uma has responded to my distress signal before a big race to help deliver me the 'magic legs' and get on the podium. She's equally adept at helping me shake nagging bike-related injuries," said Patrick Wilder, an elite cyclocross and mountain bike racer.

Pre-registration is encouraged for all sessions. Exclusive private coaching sessions are available by appointment. Racers and cycling fans may also purchase the BikeYoga book at local bike shops. As a bonus incentive, Cog Wild Mountain Bike Shuttles and Tours have generously offered a free local mountain bike shuttle pass to all who workshop participants (a \$10 value).

SCHEDULE OF EVENTS:

DATE: Tuesday, December 7

TIME: 6:00-7:30pm

LOCATION: Rebound Sports Lab, 143 SW Century Dr, Bend

TITLE: Yoga for Peak Performance & Active Recovery

COST: \$20

DATE: Wednesday, December 8

TIME: 3:00-5:00pm

LOCATION: Fresh Air Sports, 520 SW Powerhouse Drive, Suite 627, Bend, OR 97702

TITLE: Yoga & Myofascial Release for Optimal Performance

COST: \$50

DATE: Sunday Dec 12

TIME: 9:00-10:30am

LOCATION: MYC Yoga, 55 NW Minnesota, Bend, OR 97701

TITLE: Active Recovery Yoga for Cyclists

COST: \$15

UMA KLEPPINGER, developer of BikeYoga, teaches cycling-specific yoga classes, workshops and clinics throughout North America. She is the author of the book *BikeYoga: A Simple Practice to Tune Up Mind, Body and Spirit*. Uma is renowned for her approach to yoga as a holistic therapeutic tool, and emphasis on sport-specific body mechanics. Uma divides her time between Bend and Portland, OR. When not teaching or writing she can be found riding her bike.

CONTACT:

Uma Kleppinger

uma@bikeyoga.com

503-819-6953

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