

PERSONAL TRANSFORMATION often occurs after failure or pain; but you can also engineer dramatic changes in your life through positive experiences of your own design. Mindfulness is the practice of observing reality as it is, without judgement, and when coupled with running, the experience can be profound.

The Mindful Marathon is an immersive, all-day journey of self-reflection and growth. This journal is your guidebook as you quiet your mind and move your feet. Whether you are a seasoned runner or have never run further than 5 miles, an equal mix of challenge and reward awaits you. Let's run, write, and transform.



LUCAS ROCKWOOD is a yoga teacher, trainer, author, podcaster, and entrepreneur. He's the founder of YOGABODY and the YOGABODY Teachers College and serves as a wellness consultant for companies such as Meta and Noom. His growing body of work reaches over 2 million students in 81 countries each month.

Lucas publishes weekly science-based yoga and lifestyle fitness tutorials via YouTube, and interviews with leading health and wellness thought leaders via his podcast, The Lucas Rockwood Show. You can find his published work, event, podcast and teaching schedule at www.YogaBody.com.