

Bringing focus & flexibility to your game of golf...

To sum up, Yoga can bring **clarity** of mind and **vitality** of body. I am not suggesting that your handicap will fall from 20 to 10 overnight as it is a gradual process, but also a very enjoyable one.

The Class Will Focus On Helping To:

- Increase Flexibility and Alignment
- Increase Core Strength
- Improve Balance
- Improve the Breath
- Focus the Mind - very important for that tricky putt on the 6th
- All whilst having great fun!

Class Duration: 75 minutes

One to One Sessions available

Attire: Jogging bottoms (or other loose clothing) and a t-shirt

Equipment: All equipment provided

For further details regarding any of the above call **Carol** on 07740 120326 or e-mail caroltilley@o2.co.uk



YOGA 4 GOLF

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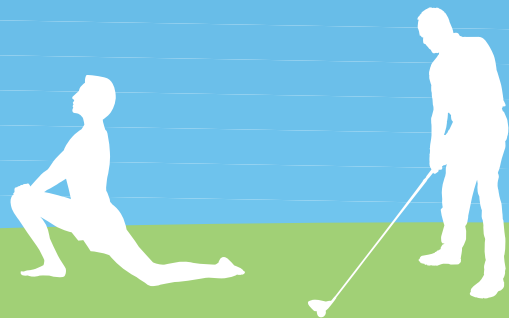
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YOGA 4 GOLF

The combined social and competitive elements of golf ensure that it is one of the most popular sports in the UK. What better way to spend a morning than out on the golf course in pursuit of that elusive birdie on the 8th.

Unfortunately for some, the enjoyment of golf can be marred by the rigidity and inflexibility of their body; this in turn can create back, joint and ligament problems which may compromise both the quality and enjoyment of the sport. However, with a little time and effort many of these problems could be avoided, eased or even eradicated.

I am not talking about some new fangled idea, but through the ancient practice of Yoga. Oh..... I hear you sigh, as an image springs to mind of a lithe young body sitting in the lotus position, as waves from an impossibly blue sea lap the powder white beach. Well it's not all like that. Yes there are lithe and flexible people who practice Yoga but equally there are many more average Joe Publics who just want to enjoy the experience of well being that Yoga can offer; and in this case the bonus is that it can also help to improve their game of golf.



The benefits...

Why Yoga?

Yoga 4 Golf focuses on problem areas encountered by many golfers, i.e. inflexibility in the lower back and hips along with tension in the shoulders and neck. Yoga 4 Golf is very popular in America, but it is less developed in the UK as many people have misconceptions surrounding Yoga. In short a Hatha Yoga practice will take you through a series of movements and postures that in time will increase your flexibility, strength, balance and stamina. Concentration will be focused through attentiveness to the breath and last but not least it is great fun!

What Can You Expect From Yoga?

As with any other sport or activity it very much depends on the amount of time and effort invested. However, if practiced on a regular basis (ideally 3 sessions per week) the benefits will quickly become apparent. This does not mean that you need to attend 3 Yoga classes per week as it can easily be practiced at home.

Flexibility and Alignment:

An increase in flexibility and range of movement is attained through regular practice, but the flow between postures will help to align your body. It is not necessary to put yourself into gymnastic positions to gain benefits from the sequences. It is enough to awaken your muscles and take them into slightly new or forgotten territory.



Core Strength:

The postures work muscles and tissue deep within your core which in turn will increase strength and stability.

Improve Balance:

Some of the postures are designed specifically to challenge balance by engaging different parts of brain. Toppling over is to be expected, it's all part of the fun!

The Breath:

It is the breath that drives all of the movements in Yoga and is the key element. Sometimes this can prove difficult, just be patient, it will come in time.

Focus the Mind:

Throughout the Yoga practice your mind will be attentive as the sequence of postures is explained in detail by the instructor. This information demands concentration and will therefore focus your mind. At the end of the practice the instructor will take you through a short relaxation period; again this will help you to become more focused in your everyday life as well as on the golf course.

