

Yoga for Athletes

A Three Part Series for Enhanced Performance

Led by **Joe Samodi**

Yoga will make you a better athlete.

It improves your efficiency, power, mental focus and endurance. This three-part workshop takes an in-depth look at how all these areas in an athlete relates to the practice of yoga.

Part 1 lays the foundation. It offers a personal full body alignment and flexibility assessment as well as increasing your understanding of core stability as it relates to your sport.

Part 2 concentrates on standing postures, a key factor to correcting misalignment in the knee and hip joints which cause many acute and chronic injuries, due to the repetitive motion in sports.

Part 3 digs deep into the heart and soul of the athlete. It is here where mental training and strength are incorporated. This session is a great test of your concentration and your willingness to open your heart and mind to the journey that you are on.

You may attend any part of this series. Each part builds on the information from the previous session. You will leave with a greater physical understanding with how yoga will continue to improve your athletic performance.

Days:	Sundays	Fee:	1 Session	\$30
Time:	2:00-4:00PM		2 Sessions	\$50
Dates:	January 11, 18 & 25		3 Sessions	\$75

Please sign up at the main desk, full payment for each workshop required to secure your space. For more information contact **Basil Jones** at bjones@sawmillclub.com or visit our website www.sawmillclub.com

Yoga for Athletes

Name _____ Member No. _____

Address _____ City/State/Zip _____

Home Phone _____ Work Phone _____

E-Mail Address _____

Workshop(s) attending:

- Yoga for Athletes Part 1, Jan 11
- Yoga for Athletes Part 2, Jan 18
- Yoga for Athletes Part 3, Jan 25