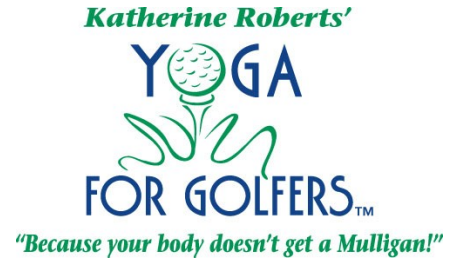


FOR IMMEDIATE RELEASE:

Contact:
Debbie Horovitch
Yoga Where You Are
416-276-8927
debbie@yogawhereyouare.com
www.YogaForGolfers.net



Planning to golf *THIS* weekend? Try out Katherine Robert's Yoga for Golfers™ First Tee Stretches

Toronto, Ontario, April 14, 2006 — Does your golf season start this weekend? Try out Katherine Roberts' First Tee Stretches & see what a difference it makes to your game! Students in local Yoga For Golfers™ classes, instructed by Debbie Horovitch – Toronto's first yoga instructor certified personally by Katherine Roberts in her Scottsdale, Arizona location – report a dramatic increase in flexibility & strength, creating a new balance of ease & power in their swing their golf pros notice & compliment them on.

Yoga For Golfers™ group classes dive deeper into the wide variety of yoga postures each of which have golf-specific benefits - to help you develop the strength, flexibility & balance you'll want to play better this year than ever before!

Class Promotion: Anyone who signs up for 5 Yoga For Golfers™ group classes (classes are on currently until mid-June) OR who refers a new student into the classes will have their name entered into a draw for a \$100 gift certificate to Ruth's Chris Steak House & 2 free tickets to FAME: Fitness And Model Expo June 16-18, 2006. The draw will be made May 1, 2006 & the winner announced by email.

Group classes are open to everyone (non-members are welcomed) at the following gyms:

- **Dynamic Conditioning Centres** Yonge & Wellesley, Saturday mornings 10:00am www.dccentres.ca
- **Eclipse Fitness**, Yonge & Eglinton, Saturday mornings 12:00 noon www.eclipsefitness.com
- **The Adelaide Club**, First Canadian Place, Monday evenings 6:15pm www.adelaideclub.com

The First Tee stretch sequence utilizes the golf cart and clubs. This sequence should be done before, during and after the round. Keep the muscles loose by stretching continuously throughout the round. You will be more consistent, have more speed and power in the swing and maintain the necessary endurance.

Standing Cat/Cow Pose:



Warming up the low back reduces risk of injury and supports a consistent, powerful swing plane. Placing the hands on the cart about shoulder height, begin to walk the legs back. Inhale, drawing the navel inwards, curling the back just as in the cat/cow pose. Begin to exhale, allowing the body to "hang" against the weight of the golf cart. Inhale, and come back to the original position. Repeat five times and then hold the pose for five more breaths. Use the force of gravity to deepen the pose.

Downward Dog with Golf Cart:



This pose warms up the shoulders, low back, hamstrings and the Achilles tendons. This pose supports push-off power and a solid foundation. Facing the front of the cart, place the hands wider than shoulder width apart. Step the feet back, creating a ninety degree angle in the hips. Roll the shoulders back away from the ears and flex the quads. Hold for five breaths.

Shoulder Rotation Twist Pose:



This pose increases shoulder turn and reduces the risk of shoulder injury. Standing perpendicular to the cart, place the arms on the vertical support of the cart. Separate the hands to increase the stretch for in the shoulders. Use the abdominals, by drawing the navel inwards for more intensity and core conditioning. Hold for Five breaths. Switch sides and repeat.

Warrior Crescent Lunge:



Working the hip flexors, psoas, quads and gluts, give more extension and power by supporting full hip extension. Bringing the left leg onto the back of the cart, come up onto the right toes. Engage the right buttocks and press the right hip towards the cart.

Hand to Knee Pose:



Hamstring flexibility is a direct correlation to keeping the low back healthy. Begin by stepping the left foot on the cart, straighten the left leg, and flex the left foot and quad. Keep the hips and chest squared off, facing the left knee. Hinge at the hips, folding forward. Hold for five breaths and repeat by beginning with the Crescent pose on the right side.

Eagle Arms with Club:

Bring the right arm up, palm facing you. Let the right forearm fall behind the back, grabbing the golf club. Bring the left arm behind you, grabbing onto the same club. Feel the stretch in the shoulders. Hold for five breaths and switch sides.

Standing Rotational Twist:

This pose increases the range of motion in the swing. Step the left foot forward, hips squared to the feet. Draw the navel inward, telescope the ribcage, placing the right hand on the golf cart. Use the strength of the legs to create a solid foundation and twist from the waist. Birdie: Keep the left hand on the waist.

Eagle: Bring the left arm up and focus over the left hand. Hold for five breaths and switch sides.

Seated Twist:

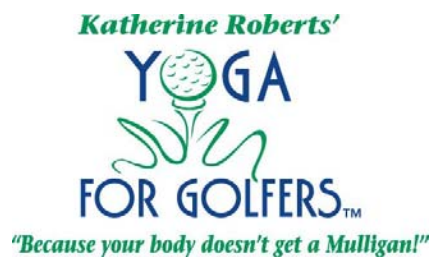


This is a great pose to keep the core and shoulders loose—a great pose to be done at every hole! Bring the body to the edge of the seat, sitting up as straight as possible. Bring the left hand to the right knee and the right hand behind you to increase the intensity. Hold for five breaths and switch sides.

Yoga For Golfers™ instructors are available this summer to add a unique and valuable element to your personal, corporate or charity golf tournament – call us to develop a proposal & book your date today!

Join our mailing list by emailing debbie@yogawhereyouare.com today! You will be entered to win free Yoga For Golfers™ class passes, be the first to know about exclusive Yoga For Golfers™ workshops with Katherine Roberts in person, and receive monthly Yoga For Golfers™ posture articles for home practice. Debbie is Ontario's FIRST Yoga For Golfers instructor certified by Katherine Roberts personally. Visit www.YogaForGolfers.net to find a convenient class time & location for you!

To book fun, relaxing & invigorating yoga classes that are tailored to meet your unique needs each time, at your most convenient time & location, please call 416-276-8927, or visit www.YogaWhereYouAre.com to see what's new with our yoga classes & attendees!



For additional information, contact:
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