

FAME Magazine Summer/Fall 2006



Get More from Your Game with **YOGA FOR GOLFERS**

By DEBBIE HOROVITCH

For years, Jim spent many blissful hours each week enjoying his passion for golf – that is, until stiffness and pain in his lower back stopped him in midswing. Depressed and desperate to play the game again, he decided to try something entirely new: a unique yoga program specially tailored for golfers.

Jim had never tried yoga before and certainly never considered how it could help his handicap. But after two months of practicing Yoga For Golfers, he had recovered full mobility in his lumbar spine. Plus he obtained greater overall flexibility and core strength. Now Jim is happily back to playing eighteen holes, three days a week, with no pain ... and a better score than before!

While these two disciplines may seem miles apart, yoga is helping recreational golfers like Jim, and even



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seasoned professionals, to step up their game, reduce injuries and enjoy improved fitness both on and off the course. In fact, Yoga For Golfers is now taking the PGA, CPGA and LPGA Tours by storm as one of the golf world's hottest fitness tools.

Of course, any yoga practice offers tremendous health and wellness benefits, but Yoga For Golfers selects specific postures that are particularly suited to the demands on a player's body. Remember, your body is your most important piece of golf equipment. If it's not working at its optimal level, even the priciest clubs on the market won't correct the problem!

Many people imagine – incorrectly – that yoga is simply about stretching. Yes, this ancient practice does help improve flexibility. But it also helps build strength, enhance balance, and coordinate breathing for more controlled and effective movement – all the ingredients a golfer needs for greater distance and accuracy off the tee, better rhythm and tempo in the swing, and more effective club control.

Besides these physical aspects, experienced



golfers know focus and visualization are also essential on the links. Yoga For Golfers is a perfect fit here as well. The program offers specific postures that can help quiet the mind, harness the breathing, and allow the golfer to effectively envision that "perfect shot." With practice and fine-tuned mental focus, golfers of all ability levels can translate this vision into greater success on the course.

Yoga For Golfers can be enjoyed through group classes, workshops, private instruction or even on your own with a DVD. Postures can be practiced just about anywhere several times weekly – even right on the course as a pre-tee warm-up.

Depending on your flexibility and your familiarity with yoga, you can try Par Level for beginners or Birdie and Eagle Levels for more advanced students.

No matter what your ability level, Yoga For Golfers can help you feel great and experience a marked improvement in your game. If you love this elegant sport, a little yoga may be just the thing to help you enjoy your time on the course even more! ★

Debbie Horovitch is the owner of www.YogaWhereYouAre.com, a company specializing in private yoga instruction on-site in students' homes, offices or hotel suites. In 2005, Debbie was certified to teach the innovative Yoga For Golfers program by its creator, golf and fitness expert Katherine Roberts. For more information on classes and schedules, visit www.YogaForGolfers.net. You can also experience for yourself the positive benefits of this unique program by joining Debbie in person at her Yoga For Golfers classes and workshops at FAME: Fitness And Model Expo (FAME 2006)!

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