

YOGA FOR GOLF

WITH SHARON MANNER

SATURDAY MARCH 27 1:00 to 3:30

Core Connection Studio 331 Elm Street, Stirling
908-647-2676

EXPLORE THE ANCIENT SCIENCE OF YOGA, AS IT APPLIES TO THE MODERN GAME OF GOLF. THIS COULD BE THE MISSING INGREDIENT YOU NEED TO LOWER YOUR GOLF SCORE. WORKSHOP WILL COVER:

1. **STRENGTH/BALANCE** THRU YOGA POSTURES: USING SPECIFIC YOGA POSTURES TO BRING MUSCULAR STRENGTH AND STABILITY TO GOLF SPECIFIC MUSCLES.
2. **FLEXIBILITY**: YOGA POSTURES TO OPEN AND STRETCH THE ENTIRE BODY, BRINGING COMFORT AND EASE TO THE GAME.
3. **RELAXATION**: TO BE ABLE TO VISUALIZE AND SET GOALS IN A RELAXED MANNER.
4. **YOGIC BREATH**: GAINED FOCUSED ENERGY, CLARITY AND STRENGTH, THRU THE PROPER USE OF THE BREATH
5. **MEDITATION**: LEARN TO CONTROL YOUR THOUGHTS, TAKE YOURSELF FROM A PLACE OF TENSION INTO THE ZONE OF SUCCESS.

IN YOGA AS WELL AS GOLF, IT IS JUST AS MUCH ABOUT THE MIND AS IT IS ABOUT THE BODY.

COME LEARN THE WINNING EDGE!!!