

SELF MASTERY SOJOURNER



The world is round
And the place which
May seem like the end
May also be the beginning.

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Golf and Yoga

Yoga's power to create a state of mental and physical well being may also rev up your golf game.

Yoga promotes increased flexibility and range of motion, and when combined with regular golf practice may show exceptional results.

By practicing yoga you will also experience an increased ability to concentrate and focus; you'll have better balance during your swing, a higher resistance to stress factors and an all round healthier way of living.

Don't worry. You don't have to be able to twist yourself into a pretzel in order to enjoy the benefits of yoga.

If you're just getting into yoga, it's important to start off slowly. Over time your body will become more flexible and you'll be able to achieve more difficult poses.

Lots of physical activities build your muscles and strength, but many times other parts of your body are left out. Because yoga is a full body workout, it can help to check any imbalance in your muscles.

Yoga also strengthens, tones, and stretches your muscles, helping to increase your flexibility. If your body is flexible you will be less likely to get injured during your swing.

Your yoga practice will lead to improved physical fitness, increased ability to concentrate, and decreased stress.

It helps both your body and mind work a little better... And that translates into a better golf game!

Ready to start?

You'll want comfortable clothing that won't get in the way of your stretching.

Bare feet are ideal when you practice yoga, both for the traction they give you for standing poses, as well as the workout your feet will get!

If you don't have an exercise mat, use a firm pillow or folded up blanket.

It's important to make sure your muscles are warmed up before you begin your yoga routine.

Never force your body into a posture or try to go beyond your limits—you could strain your muscles.

Using the correct form is also key to getting the most out of your yoga experience, so get into a class that's right for you (whether you're a beginner or an expert).

And, don't be afraid to ask your teacher for help! Learning the correct way to do each pose is important for overall mind and body development.

If you are feeling sore, you've overdone it!

When to Practice

Yoga can fit easily into your schedule—taking 10-15 minutes each day to practice can make a difference (just make sure to wait at least two to three hours after you've eaten)

Where to Practice

Find a quiet spot where you won't be distracted. You'll need an area that's large enough for you to stretch upwards as well as to the sides.

How to Practice

Always warm up first! Plan a well-rounded workout that includes lots of different positions from all of the major muscle groups (arms, legs, abs, back, chest).

Most importantly, remember to breathe! Inhale when you try upward and expanded movements, and exhale during downward or forward bending motions.

Focus on each position—move slowly making controlled movements until you feel your muscles tensing and resisting (you should feel your muscles stretching, not straining).

Each pose in yoga is an experiment, so go slowly and listen to your body.

Know when you are pushing yourself too hard or need to challenge yourself a little more.

Finally, remember to take 5-10 minutes to relax your body at the end of your workout.

This will help to prevent sore muscles and keep them supple and ready for your next game.

Distribute Freely!