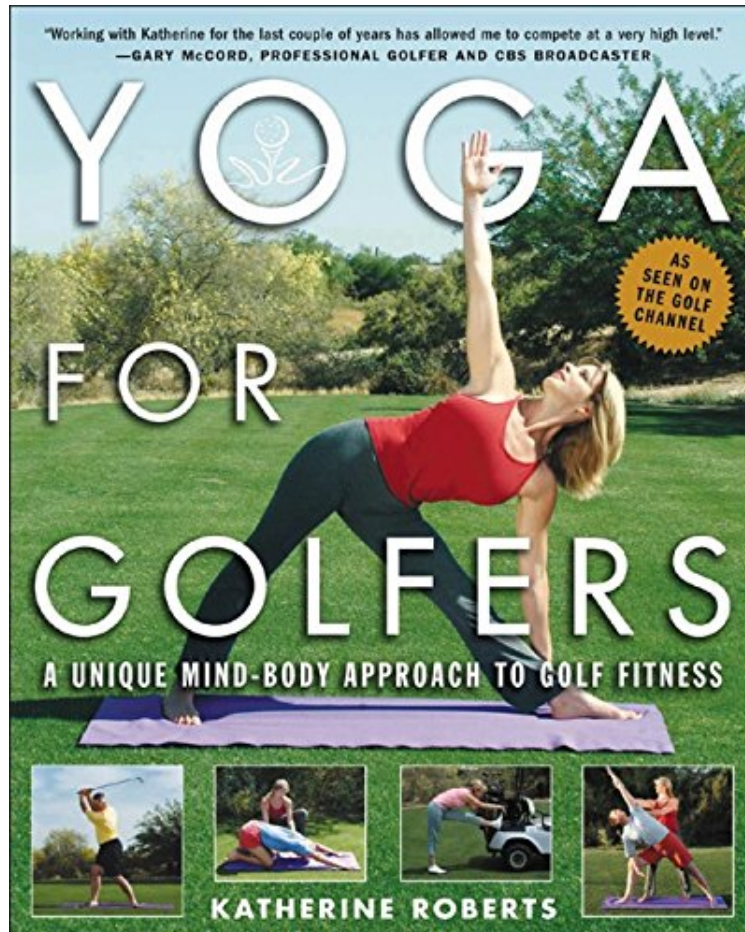


[Free pdf] Yoga for Golfers: A Unique Mind-Body Approach to Golf Fitness (NTC Sports/Fitness)

Yoga for Golfers: A Unique Mind-Body Approach to Golf Fitness (NTC Sports/Fitness)

Von Katherine Roberts
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KundenrezensionenHilfreichste Kundenrezensionen0 von 0 Kunden fanden die folgende Rezension hilfreich. Great yoga book and really appropriate for golf playersVon Teresa PischeddaGreat bookThe author is very skilled about yoga and golf and she managed to combine both perfectlyI immediately apply her breating recommendation by golfing and I experienced the result immediatelyIt would be perfect if the book would be offered with a DVD showing

Kurzbeschreibung From the unquestioned expert in the field, the authoritative guide to yoga for golfers "Working with Katherine for the last couple of years has allowed me to compete at a very high level." --Gary McCord, CBS golf commentator and Senior PGA Tour player Katherine Roberts, founder and host of the "Yoga for Golfers" program on the Golf Channel, offers her unique educational methods in this groundbreaking book, providing instruction to the millions of golfers--including many top tour professionals--who have turned to the art of yoga to improve their game. Based on 20 years of expertise, Yoga for Golfers connects the mind and body to create a powerful fitness regimen, including: Yoga postures specifically selected for a golfer's needs Proper breathing techniques Mind-relaxation methods Injury-reducing stretches Visualization tools--for success on and off the course

Pressestimmen "Working with Katherine for the last couple of years has allowed me to compete at a very high level. Following her yoga program for golfers is keeping me fit and feeling like Gumby. Loosen up and give it a try! - Gary McCord, CBS Golf Commentator and Senior PGA Tour player"

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