

To Your Success!



Play Better. Feel Better.

On The Course STRETCHES



The stretches in this *Yoga For Golfers* series should be performed every few holes to keep your muscles loose and your body tension and pain-free. Enjoy!

Move Slowly ♦ Breathe Deeply
Align the Body Carefully

STANDING CAT / COW POSE

Stretches the lower back.



- ◆ Placing the hands on the cart about shoulder height, begin to walk the legs back.
- ◆ Inhale, drawing the navel inwards, curling the back.
- ◆ Begin to exhale, allowing the body to “hang” against the weight of the golf cart.
- ◆ Inhale and come back to the original position.
- ◆ Repeat 5 times.
- ◆ Hold the final position for 5 breaths.



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- ✓ Clinics & Workshops
- ✓ Events & Conferences
- ✓ Private Instruction
- ✓ Instructor Certification

KATHERINE ROBERTS
Founder & President, Yoga For Golfers® (YFG)
Nike Swoosh Elite Athlete and Advisory Staff Member

A leader and an innovator in the world of golf fitness, Katherine’s proprietary YFG methodology is designed specifically for golfers to improve the body’s mobility and the mind’s capability. With a focus on the biomechanics of the body through every dimension of the golf swing, YFG enables golfers to play better, longer, and with more confidence and overall enjoyment.

Katherine’s work has been profiled by The National Post, USA TODAY, The New York and Los Angeles Times, Golf Magazine, Golfweek, and Asian Golf Monthly. As a regular contributor to The Golf Channel, she has appeared on numerous shows including The Turn and The Big Break. In addition to her fitness and performance work in golf, Katherine has been working in Major League Baseball for more than a decade, serving as the yoga fitness expert for the LA Dodgers, San Diego Padres, Oakland A’s and the Chicago Cubs.

**For golfers of every age and every level of ability.
No previous yoga experience needed.**

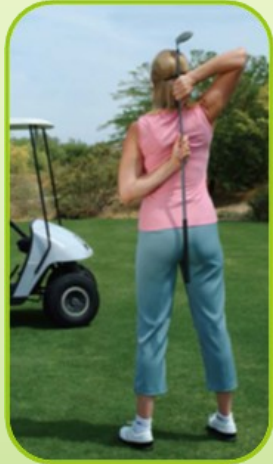


Paul Trittler
Golf Magazine Top 100 Instructor



EAGLE ARMS with CLUB

Stretches the shoulders, triceps and wrists.



- ◆ 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 on to the same club.
- ◆ Feel the stretch in the shoulders.
- ◆ Hold for 5 breaths.
- ◆ Switch sides; repeat.

DOWNWARD DOG with CART

Stretches the shoulders, lower back, hamstrings and calves.



- ◆ Facing the front of the cart, place hands wider than shoulder-width apart.
- ◆ Step feet back, creating a 90° angle at the hips.
- ◆ Roll the shoulder back away from the ears and flex the quads.
- ◆ Hold for 5 breaths.

WARRIOR CRESCENT LUNGE

Stretches the hip flexors, quads and glutes.



- ◆ Bringing the left leg on to the back of the cart, come up on to the right toes.
- ◆ Engage the right buttocks and press the right hip towards the cart.
- ◆ Go on to HEAD TO KNEE pose below.

SEATED TWIST

Helps keep the lower back, core and shoulders loose.



- ◆ Bring the body to the edge of the seat, sitting up as straight as possible.
- ◆ Bring the left hand to the right knee.
- ◆ Bring the right hand behind you to increase the intensity.
- ◆ Hold for 5 breaths.
- ◆ Switch sides; repeat.

SHOULDER ROTATION TWIST

Increases torso and shoulder turn over a stable lower body.



- ◆ Standing perpendicular to the cart, place hands on the vertical support of the cart.
- ◆ Separate the hands to increase the stretch in the shoulders.
- ◆ Use the abdominals by drawing the navel inward for more intensity and core conditioning.
- ◆ Hold for 5 breaths.
- ◆ Switch sides; repeat.

HEAD TO KNEE POSE

Stretches the calves, hamstrings and lower back.



- ◆ With the left foot on the cart, straighten the left leg and flex the left foot and quad.
- ◆ Keep the hips & chest squared-off, facing the left knee.
- ◆ Hinge at the hips, folding forward.
- ◆ Hold for 5 breaths.
- ◆ Repeat on the right leg beginning with the WARRIOR LUNGE above.