



# THE ATHLETE'S YOGA

WHERE EVERYBODY IS AN ATHLETE

## YOGA FOR GOLFERS

GOLF PRO CAMILO VILLEGAS IN SCORPION POSE!



GOLF PRO RICKIE FOWLER IN MEDITATION!

### IMPROVE YOUR SWING!

- ◆ INCREASE BODY SYMMETRY, ALIGNMENT, AND BALANCE
  - ◆ INCREASE RANGE OF MOTION
  - ◆ INCREASE POWER THROUGH THE BALL
- ◆ LEARN TO QUIET THE MIND AND ACHIEVE FOCUS AND RELAXATION

YOGA FOR GOLFER SERIES STARTS  
MONDAY, MARCH 21<sup>ST</sup> AT 7PM  
6 SESSIONS FOR \$120 (\$110 PREPAID, \$20 DROP-IN)

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