

Increased Sports Performance

Practice yoga so you can remain active in sports as you advance in age.

Practice yoga to improve agility strength and mental focus needed in any sport.

Spinal twists shoulder postures all assist in improving your golf swing.

Basketball, soccer, football, baseball all require flexibility. Yoga offers deep lunges in its sequences, forward bends and extension of the calf and hamstring muscles all increase agility which if not addressed typically become very tight and also prone to injury.

Runners typically have very tight hamstrings and could really benefit from specifically tailored postures stressing forward bends and hip openers to increase agility.

Gymnasts and dancers can benefit the most out of a yoga practice. Yoga brings a balance to the body that is already overworked and muscles fatigued to the maximum. Yoga practice is tailored toward energizing as well as relaxing tense overworked muscle groups and increasing flexibility to specific areas in order to avoid injury. Progressive muscle relaxation, mental visualization and meditation will significantly reduce performance anxiety. Yoga can be an adjunct to both conditioning and sports psychology improving performance significantly through increased self confidence, providing serenity and a sense of calm amidst the turbulence of competition and performance anxiety.

Swimmers tend to have a lot of upper body strength but as muscles become stronger the flexibility decreases, shoulder openers in specific yoga postures help increase agility and prevent injury.

Many other sports could be mentioned however the purpose is to stress the overall performance improvement through augmenting a custom tailored training regimen for a serious athlete to include Yoga practice.