



## About Sport Specific Yoga

### What is Yoga?

Yoga is an ancient system and practical pathway for **enhancing physical, mental and emotional health and well being**. Practising yoga is hugely beneficial for general day to day health and wellbeing, and can be a highly effective way to **enhance and improve performance in sport**.

### What is Sport-Specific Yoga?

Sport-Specific Yoga is a systematic and evidence based method of applying yoga techniques to athletes and sports people regardless of discipline, age or ability, with the aim of improving performance. It is the perfect cross training tool!

### Why Sport-Specific Yoga?

Practicing Sport-Specific Yoga can **increase an athlete's marginal gain**. Research has shown that Sport-Specific Yoga techniques are **highly advantageous in a wide variety of sporting disciplines, and at all levels**. Sport-Specific Yoga programmes are **highly specialized and relevant**. They are tailored to the particular requirements of an athlete's sport/discipline, as well as their biomechanics and performance aims, and the routines are designed to be **easily integrated into busy training and/or life schedules**.

### Benefits of Sport-Specific Yoga

Practising Sport-Specific Yoga **adds value** for the athlete(s), in many areas, including:

- Postural Awareness/Alignment & Structural Fitness
- Flexibility & Agility
- Strength & Power
- Functional Stability & Balance
- Core Strength
- Fluidity, Economy & Efficiency of Movement
- Joint Stability & Muscle Balance
- Increased Stamina & Endurance
- Proprioception & Spatial Awareness
- Active Recovery
- Injury Prevention & Rehabilitation
- Focus & Concentration, Mental Calmness & a Quiet Mind

### Interested?

If you are interested in improving your sporting performance and would like to find out more about how Sport Specific Yoga could work for you, do contact me, Helen, on **07788 550024**, or via my website, [www.yoga2you.co.uk](http://www.yoga2you.co.uk).

