



Some ways in which an Athlete can benefit from practicing Sport-Specific Yoga

- Establishing **fluid, efficient and economical sport specific movement** by addressing functional stability and structural integrity at, for example, the hips, shoulders, wrists and hands, and the functional mobility and range of movement of the global muscles surrounding these joints.
- Preparing the body to **move and respond to rapid or unexpected directional changes**, using appropriate sport specific techniques to develop highly effective neuromuscular connections, and thus bringing greater control and agility, at high and low speeds.
- Increasing **VO2 Max, stamina and endurance**, increasing **focus, concentration and mental stability** and decreasing **performance nerves**; by improving efficiency and effectiveness of the breathing process, encouraging recruitment and utilisation of the primary breathing muscles.
- Increasing **power output** by introducing appropriate foundation techniques, ie when standing, and from this base establishing optimum timing and sequencing of muscle activation through the kinetic chain, from feet, through the legs, the pelvis, spine, shoulders, arms and hands, and head and neck.
- Developing **proprioception**, an awareness of self (what is moving and how), and an awareness of other people/objects (who/what else is moving and how); increasing the athlete's understanding of how their body is moving in relation to itself, the track/court, team mates and competitors.
- Improving **balance and stability** by showing the athlete how to effectively organise their body over its base support.
- Addressing the athlete's **structural and postural fitness**, analysing their biomechanics and the physical effects of their lifestyle, and introducing relevant techniques to address any issues; eg slumped, round shouldered posture restricts movement of the shoulders and the space available for breath; addressing this increases stability, mobility and range of motion at the shoulders and breath effectiveness and efficiency.
- **Preventing injury** by introducing sport specific warm up and cool down techniques that prepare the body and mind fully prior to the activity and ensure that there is sufficient time to recover afterwards. The importance of rest and restorative practices cannot be stressed too highly.

This gives a flavour of what can be achieved through practising sport specific yoga, but there is more ... so much more ...

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.



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