

Namaste Flow Yoga Welcomes Athletes to Yoga

A Unique Mind Body Approach to Athletic Excellence and Fitness
Balance and coordination is critical to an athlete's performance. Our Yoga routines and sequences are proven to improve balance and stability. Better balance or coordination means enhanced control over how you move your body- which in turn leads to better technique, form and agility.

Below are some examples of how our yoga routines can help sport specific activities:

Golfers: Hit longer drives, stay focused on the course and lower your score with our Yoga Warm Up! The power of your swing starts from the ground up. Swing power is generated from the lower body to the hips, the trunk, the shoulders, the arm and out to the club. Our postures included in our Yoga Warm ups are designed to get deep into the connective tissue and musculature of the hips. The hips initiate the downswing, so having mobility in the hips and strong glutes is critical for generating power. A Balanced body is a flexible body and flexibility remains the cornerstone of a good golf game.

Runners/Cyclists: Running and yoga make a good marriage of strength and flexibility. A typical runner experiences too much pounding, tightening, and shortening of the muscles and not enough restorative, elongating, and loosening work. Without opposing movements, the body will compensate to avoid injury. Compensation puts stress on muscles, joints, and the entire skeletal system. If you bring your body into balance through the practice of yoga, you can run long and hard for years to come.

Basketball Players: Miami Heat superstar-Lebron James says Yoga is one of his "secrets" to endurance over the long NBA season and to his defensive versatility. A consistent yoga practice builds strength and improves lean muscle mass.

Visit our website to view our blog on "Why every Athlete should practice Yoga!" www.namasteflowyoga.com

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Body & Soul-A Balanced Role- Live Yoga!



\$35.00 per month

We offer morning, evening and weekend classes.

Yoga creates a more balanced and optimally functional athlete. Don't miss this opportunity to enhance your:

- Focus
- Breathing
- Flexibility
- Endurance
- Balance

All while learning to use your body as a natural detoxifier!

Our sequences are designed to support athletic performance, agility and strengthen back muscles to keep aches at bay

Come join us for a sporty session!

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