

Your Way Today
presents

Yoga for Hockey Players & Athletes



Yoga has many benefits for athletes, such as:

- will lead to better performance, concentration, flexibility and core stability
- helps you focus your energy more effectively
- leads you to be more connected to your body
- increases circulation, which in turn increases energy

this workshop offers moves and poses designed specially with hockey players in mind!

**August 8 & August 15, 2011
6:00 - 8:00**

**Old March Town Hall
821 March Road, Kanata**

both men & women of all ages welcome!

**YogaYourWay.com
613.302.5561**

As any athlete knows the length of your career heavily depends on your ability to remain injury free.

This workshop will:

- teach you stretches that will relieve tension and energize your muscles
- improve core strength which will lead to faster recovery from injury, and prevention from injury in general
- properly strengthen muscles and improve alignment while improving overall balance, further reducing the likelihood and length of injuries
- target the muscles in your lower back, legs and hips; where athletes tend to hold stress
- strengthen and open your hip muscles; increasing your strength and flexibility will increase the force of each stride; therefore, increasing speed!

What do these teams and players have in common?

Ottawa Senators, Vancouver Canucks, Boston Bruins, NY Rangers, Montreal Canadiens, Edmonton Oilers

Tim Thomas, Jerome Iginla, Mark Messier, Martin Havlat, Christopher Higgins, Mike Komisarek and Sam Gagner

They all practice yoga!!