



Hits the Spot Golfyoga Mastery™

Yoga for Golfers Course with Scott Willis January - April 2018

As we grow older, and wish to continue to fully enjoy this amazing game, we can benefit greatly from practicing golf-specific yoga techniques for optimal flexibility, strength and focus.

As you know, golf has 5 main components: long game, short game, putting, physical, mental

Hits the Spot Yoga for Golfers 2018 focuses primarily on the physical and mental aspects of the game.

You will be learn:

- yoga routines that promote flexibility, balance, strength and joint health.
- some great tips from sport psychology on how to improve your mental game. Many of them relate directly to yoga practices of mindfulness.
- practice drills and routines for indoors and out.

Hits the Spot Yoga for Golfers 2018 is a great way to improve your game during the off-season, and hang out with folks who love golf, as we wait for that magic day in April!

Here's to fully enjoying this wonderful game and achieving our personal best in 2018!

Fairways and greens,

Scott