

YOGA FOR GOLFERS



Titleist

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Three Yoga Sequences to improve your
Golf Swing & Game

Forward

As a golfer, you will be very aware of the importance of physical and mental fitness in the game. Yoga is a great way to enhance your golf swing and game by increasing your flexibility, building strength, improving your balance, and calming the mind. As a yoga teacher I have put together these four short sequences to help you to improve your game and I hope you find them useful.

I have also made on-demand videos of the yoga sequences, which you can access here. Please use the code *topgolfer* to get a 20% Discount on your purchase.

If you would like to try more yoga for golfers, join my online yoga community as a 'Blue Yogi' and get access to all LiveStream Classes including Yoga for Golfers, all on-demand Videos, all Zoom Classes plus a host of other benefits. Visit www.namastehathayoga.online for full details.

I hope you enjoy the yoga sequences and I look forward to flowing with you

Namaste

Sharon

A 15 Minute Yoga Sequence to Improve Your Golf Swing



A 15 Minute Yoga Sequence to Improve Your Golf Swing



Bridge Pose

Start on your back. Bring the feet about hip width distance apart, hand alongside you, palms flat on the mat. As you inhale, lift the hips whilst you engage the core muscles to support the back. This is **Bridge Pose** (*Setu Bandha Sarvāngāsana*).

Hold Bridge Pose for approx. 10 breaths. Then release, bend the knees and wrap the arms around them to release the back.



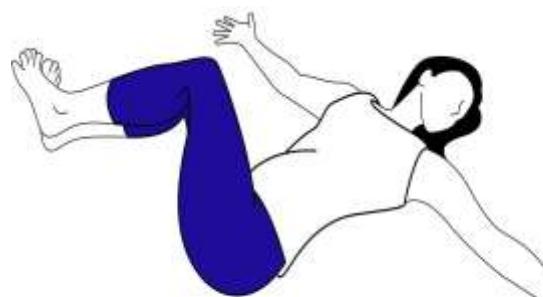
One-Legged Bridge Pose

Come back into **Bridge Pose**. From here bring the weight into the left leg and lift the right leg off of the ground for **one-legged bridge** (*Eka Pada Setubandha Sarvangasana*) Hold for 10 breaths then release.

Bring the weight into the right leg and lift the left leg off of the ground for one-legged bridge. Hold for 10 breaths then release.

Lie on your back and bring the legs up to table top. Twist the legs over to the right and hold for 6 breaths. For a Supine Twist (*Supta Matsyendrasana*)

Return to centre and twist over to the left. Hold for 6 breaths



Supine Twist



Bird Dog

Return to centre, bend the knees into the chest and rock up to a sitting position. Come into onto all fours in a table top position. Extend your right arm and left leg for **Bird Dog** (*Parsva Balasana*) and hold for 10 breaths.

Release coming back to all fours.
Extend the left arm and right leg and hold for 10 breaths.

Release and come back to all fours

Bend the right knee and pulsate the foot upwards for **Donkey Kick Pose**. Do 10 Donkey Kicks, then come back to all fours.

Bend the left knee and pulsate the foot upwards for a donkey kick. Do 10 on the left and come back to all fours



Donkey Kick Pose

Come back to all fours. From there spread the knees wide, bring the toes to touch and slide forward into **Childs Pose**

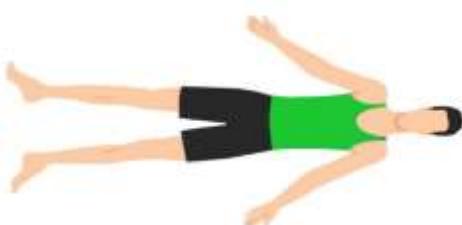
(*Balasana*) hold for 10 breaths. Then bring the right hand to the base of the neck and twist to the left x 5 times. Come back to centre, bring left hand to base of neck and twist to the right x 5 times. Release and come back to all fours in a table top position



Childs Pose



Cobra Pose

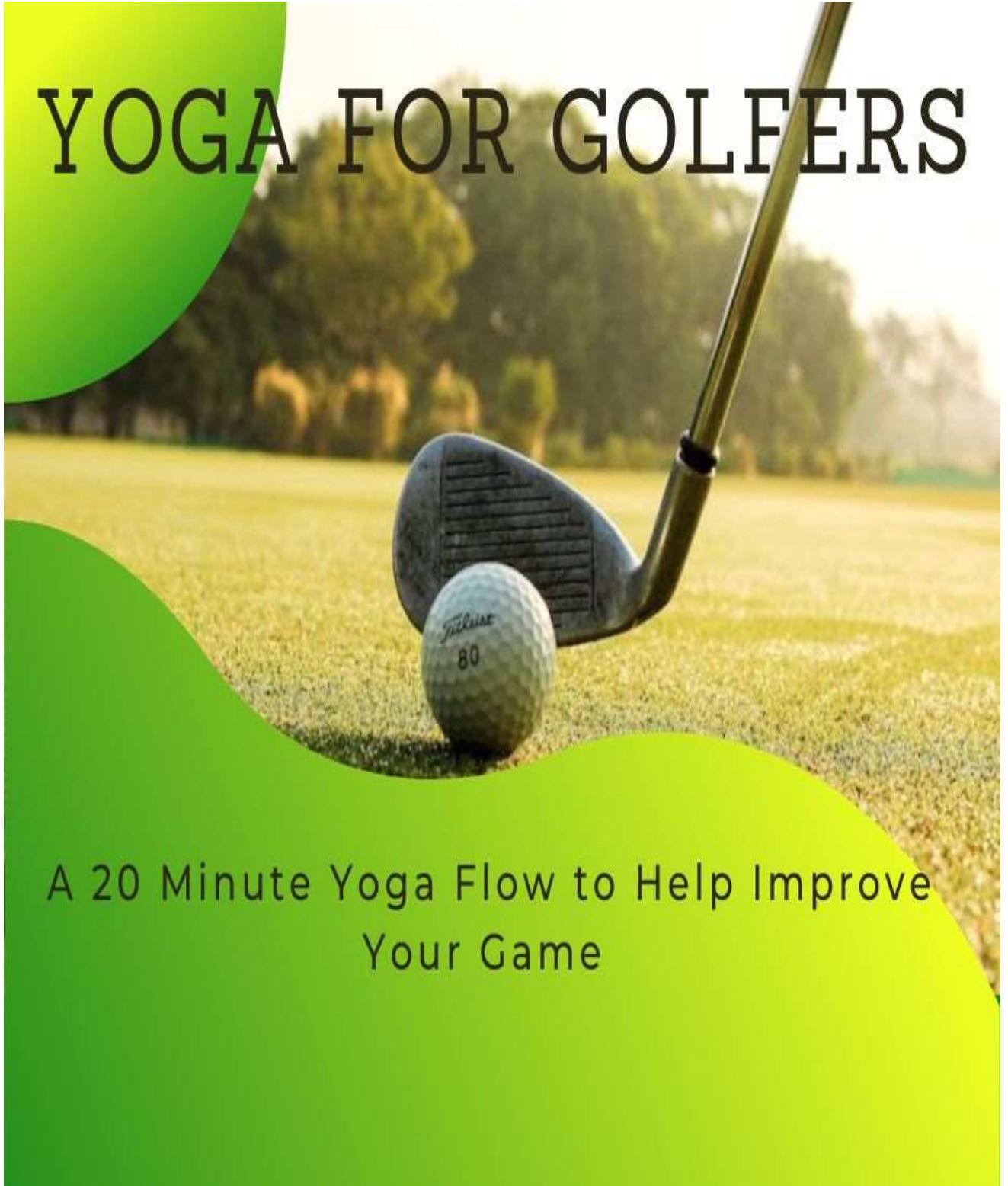


Savasana

From table top come into plank pose and lower all the way down to the mat. Bring the hands under the shoulder blades, press the toenails into the mat. On your inhale push the chest up coming into **Cobra Pose** (*Bhujangasana*) hold for 5 breaths and then push back into **Childs Pose**

From **Childs Pose** walk the hands back towards you, come to a kneeling position, then swing your legs around and gently roll down vertebrae by vertebrae coming to a flat back, arms alongside you with the palms facing up for **Savasana**. Allow the body to feel supported by the ground beneath and scan the body letting everything relax and rejuvenate. Stay in Savasana as long as you like at least three to 5 minutes. When you're ready to get up bring some movement back into the fingers and toes by wriggling them, bring the feet back together and take a stretch, then roll over onto one side using your arm as a pillow and slowly come to sit in a comfortable position. Bring the hands to heart centre. Take a few breaths trying to maintain a sense of calmness, then get up.

YOGA FOR GOLFERS



A 20 Minute Yoga Flow to Help Improve
Your Game



Easy Pose

Start sitting on the mat with the legs crossed in **Easy Pose** (Sukhasana) with hands resting on the backs of the knees palms facing upwards. Breath in and out through the nose becoming centred on the mat.

From Easy Pose, straighten out both legs, cross the right foot over the left leg, bend the left leg, bring the right hand behind you to use as a 'kickstand' hook the left elbow over the knee. Twist to the right.

This is **Half Lord of the Fishes Pose**

(Ardha Matsyendrasana). Hold for 10 breaths. Release the legs out in front of you. Cross the left foot over the right leg, bend the right leg, bring the left hand behind you to use as a 'kickstand' hook the right elbow over the knee. Twist to the Left. Hold for 10 breaths. Release the legs and come up to all fours.



Half Lord of the Fishes



Cat/Cow

From Table Top, we will do 5 rounds of **Cat/Cow** (*Marjaryasana /Bitilasana*). So inhale the chest up through the arms for **Cow** and as you exhale tuck the chin in looking down to the navel for **Cat Pose**. Come back to Table top turn the left hand around so fingers are pointed at you rock back and forth x 5 times.

Come back to Table top turn the right hand around so fingers are pointed at you rock back and forth x 5 times.

Come back to Table top. Slide the arms forward, bring the chest down to the mat whilst sticking the behind in the air for **Puppy Pose** (*uttana shishosana*) hold for 10 breaths



Puppy Pose



Thread the Needle Pose

Come back to Table top spread the Knees wide and toes touching, inhale the right arm up and thread it under the left arm – **Thread the Needle** (*Parsva balasana*) hold for 10 breaths, release. Inhale the left arm up and thread under the right arm. Hold for 10 breaths and return to Table top

From Table Top tuck the toes (or come up onto the knees) and push back into **Downward Facing Dog** (*Adho Mukha Shvanasana*) hold for 5 breaths and then walk to the top of the mat



Downward Facing Dog



Rag Doll

Step the right foot back, bringing the knee to the mat, arms up straight for a **Kneeling Crescent Lunge** (*Anjaneyasana*) Hold for 6 breaths. Bring arms out to airplane wings and twist to the right – hold for 5 breaths. Return to centre. Step let foot forward coming to **Tadosana**



Kneeling Crescent Lunge



Step the left foot back, bringing the knee to the mat, arms up straight for a **Kneeling Crescent Lunge** Hold for 6 breaths. Bring arms out to airplane wings and twist to the left – hold for 5 breaths. Return to centre. Step let foot forward coming to **Tadosana**

Twisted Kneeling Lunge

Step the right leg back, bring the right hand to the ground in front of you. Inhale left arm up looking to the left for **Dragon Fly Twist** Hold for 5 breaths come up into a High Crescent Lunge then release the arms and come to stand in **Tadosaa**



Dragon Fly Twist



Step the left leg back, bring the left-hand to the ground in front of you. Inhale right arm up looking to the right for **Dragon Fly Twist** Hold for 5 breaths come up into a High Crescent Lunge then release the arms and come to stand in **Tadosaa**

High Crescent Lunge

From **Tadosana** inhale both arms up, forward fold, place both hands on mat step back into **Plank Pose**, then bring both knees to the mat and take a wide Legged **Childs Pose**
(Balasana) Hold for 10 breaths



Childs Pose



Reclined Pigeon

Walk the hand back towards yourself. Straighten out the legs and gently roll down onto your back. Bend the left knee with the foot on the floor and cross the right foot over the left knee. Keep the right foot flexed to protect the kneecap.

Hold for 20 breaths then release the right leg down to the mat



Easy Pose

Bend the right knee with the foot on the floor and cross the left foot over the right knee. Keep the right foot flexed to protect the kneecap.

Hold for 20 breaths then release the right leg down to the mat. Bend both knees into the chest, then clasping the hands just under the kneecaps take a few rocks along the spine and come to a comfortable seated position.

Feel Free to take **Savasana** as described in the previous lesson

YOGA FOR GOLFERS



A 15 Minute Yoga Flow to Help with hip rotation, balance and coordination

Start with **Downward-Facing Dog**

Dog ((Adho Mukha

Shvanasana)to open and strengthen your shoulders, which are essential for your golf swing. Hold for 5 breaths.



Downward Facing Dog



Low Lunge

Step your left foot forward and come into **Low Lunge**. Lift your arms up and twist your torso to the left, reaching your left arm forward and your right arm back.. Hold for 5 breaths, come back to centre and step back into **Downward Facing Dog**

From **Downward-Facing Dog**, step your right foot forward and come into **Low Lunge**. Lift your arms up and twist your torso to the right, reaching your left arm forward and your right arm back. This will stretch your hip flexors and spine, which are involved in your golf stance and rotation. Hold for 5 breaths, come back to centre and step back into **Downward Facing Dog**



Twisted Lunge



Lift your right leg up. Bend your knee and open your hip, then bring your right foot to the outside of your right hand. Lower your left knee to the ground and come into **Lizard Pose**. This will open your hips and groin, which can improve your hip rotation and stability. Hold for 5 breaths then come to the knee, tuck the toes and push back to **Downward Facing Dog**.

Lift your left leg up. Bend your knee and open your hip, then bring your left foot to the outside of your left hand. Lower your right knee to the ground and come into **Lizard Pose** (*Utthan Prishthasana*). Hold for 5 breaths then come to the knee, tuck the toes and push back to **Downward Facing Dog**.

Walk your feet forward to meet your hands. Slowly roll up to standing and bring your feet together. Lift your arms up and interlace your fingers behind your head. Lean back slightly and twist your torso to the right, then to the left. Repeat 5 times on each side. This will warm up your core and upper body, which are crucial for your golf swing.

Bring your feet hip-width apart and bend your knees slightly. Hinge at your hips and bring your chest parallel to the floor. Extend your arms straight out to the sides, palms facing down. Rotate your torso to the right, bringing your right hand down and your left hand up. Look up at your left hand. This is **Revolved Half Moon** (*Parivrtta Ardha Chandrasana*)

Hold for 5 breaths. This will challenge your balance and coordination, which are important for your golf game.



Revolved Triangle Pose



Warrior II

Bend the knee and come back to **Warrior II** (*Virabhadrasana II*) Then come to stand in **Tadosana**. Bring your feet hip-width apart and bend your knees slightly. Hinge at your hips and bring your chest parallel to the floor. Extend your arms straight out to the sides, palms facing down. Rotate your torso to the left, bringing your left hand down and your right hand up. Look up at your Right hand. for **Revolved Half Moon** (*Parivrtta Ardha Chandrasana*)

Hold for 5 breaths. Bend the knee and come into **Warrior II**, them into **Tadosana**

Bring your feet together. Shift your weight to your right leg and lift your left foot off the ground. Bend your left knee and grab your left ankle with your left hand. Bring your left heel toward your left buttock and press your foot into your hand. Reach your right arm up and look up at your right hand. This is **Dancer Pose**

(*Natarajasana*). Hold for 5 breaths. This will stretch and strengthen your legs, back, and shoulders, which are all involved in your golf swing.



Dancer Pose

Release the leg and come back to **Tadosana**. Bring your feet together. Shift your weight to your left leg and lift your right foot off the ground. Bend your right knee and grab your right ankle with your right hand. Bring your right heel toward your right buttock and press your foot into your hand. Reach your left arm up and look up at your left hand.



Chair Twist

Release the leg. Come to stand in Tadosana bring your feet together. Bend your knees and lower your hips until they are parallel to the floor. Bring your palms together in front of your chest and twist your torso to the right, hooking your left elbow outside of your right knee. Press into your palms and look over your right shoulder. This is **Chair Twist** (*Parivrtta Utkatasana*). Hold for 5 breaths, then switch sides. This will work on your core strength and spinal mobility, which are essential for a powerful golf swing.

Come back to standing and bring your feet together. Lift your arms up overhead and interlace your fingers, except for the index fingers. Point them up toward the sky. Lean back slightly and bend to the right, creating a crescent shape with your body. This is **Crescent Moon**. Hold for 5 breaths, then switch sides. This will stretch and lengthen the sides of your body, which can improve your posture and alignment on the golf course.



Crescent Moon Pose

Come back to standing and bring your feet together. Lower yourself down to sit on the floor with your legs straight out in front of you. Bend your right knee and place your right foot on the floor outside of your left thigh. Wrap your left arm around your right knee and place your right hand on the floor behind you. Twist your torso to the right and look over your right shoulder. This is **Half Lord of the Fishes** (*Ardha Matsyendrasana*).

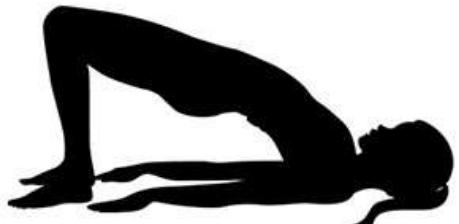
Hold for 5 breaths. This will release any tension or tightness in your lower back, which can affect your golf swing.



Come back to Centre. Bend your left knee and place your left foot on the floor outside of your right thigh. Wrap your right arm around your left knee and place your left hand on the floor behind you. Twist your torso to the right and look over your right shoulder. Hold for 5 breaths

Come back to centre. Lie down on your back with your legs straight out in front of you. Bend your knees and place your feet on the floor near your buttocks. Lift your hips up toward the ceiling, pressing into your feet and engaging your glutes. Interlace your fingers under your back and roll your shoulders under, lifting your chest up as well. This is **Bridge Pose** (*Setubandha Sarvangasana*)

Hold for 10 breaths, then lower yourself down slowly. This will strengthen your glutes, hamstrings, and lower back, which are important for your golf swing.



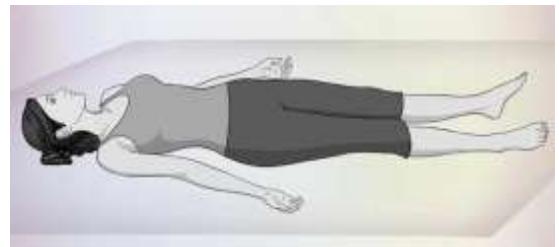
Bridge Pose



Happy Baby Pose

Lie down on your back with your legs straight out in front of you. Bend your knees and bring them toward your chest. Wrap your arms around your legs and hug them in. Rock side to side gently, massaging your lower back. This is **Happy Baby Pose** (*ananda balasana*). Hold for 10 breaths, then release your legs. This will relax and soothe your lower back, which can get sore from golfing.

Lie down on your back with your legs straight out in front of you. Bring your arms out to the sides, palms facing up. Close your eyes and relax your whole body. This is **Corpse Pose** (*Savasana*). Stay here for as long as you like, breathing deeply and calmly. This will allow you to rest and recover from the yoga sequence and give you a calmer mind for your next game of golf!



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www.namastehathayoga.online

I hope you enjoyed the yoga sequences and that you found that they helped you to improve your golf game and feel more balanced in your body and mind.

If you would like to practice some more yoga for golf please join me for my Livestreams or Zoom Class Lessons which have been designed with golfers in mind. I look forward to flowing with you.

Namaste

Sharon