



# Yoga For Golfers

WITH TRISH DALY

Join Trish Daly, a certified Yoga For Golfers® (YFG) instructor level 2, in these powerful classes that apply yoga-based physical and mental conditioning to the biomechanics of the golf swing.

A dynamic, hands-on, golf performance course for 6 weeks designed to increase distance, power, focus, confidence and vitality.

See and feel a difference in your game!

A great way to warm up before you go out and play.

- Increase your flexibility and strength for more consistency and power.
- Improve your posture, the foundation of the golf swing.
- Improve your breathing and focus to enhance your overall performance.
- Learn a dynamic warm-up so you play your best right from the first tee.
- Extend your body's ability to play so you can play better, longer, and with more confidence and increased enjoyment.

*Please note: all participants must park in the downstairs car park and enter via the ramp to the function room.*

## NEW DATES AND TIMES

### MONDAY MORNING CLASSES

WHEN Monday's from 10.30am - 11.30am

STARTS Monday September, 28th

### WEDNESDAY AFTERNOON CLASSES

WHEN Wednesday's from 5pm - 6pm

STARTS Wednesday September, 9th

WHERE Bayview Golf Club

COST \$180 for 6 weeks

All equipment supplied, just wear comfortable clothes and bring a water bottle.

Email [golfshop@bayviewgolfclub.com.au](mailto:golfshop@bayviewgolfclub.com.au) for all inquiries.

“ I have known about Yoga since I was a teenager - dogs, cats, cobras, warriors, salutes to the sun and tree poses. Yoga for golf is different. Playing golf uses muscles that are rarely used in any other sport. Yoga for golf strengthens and stretches those muscles to help you swing without injury and make longer shots as you train your body to perform the golf shot. Also balance is critical and the Yoga helps you to understand balance and use it to advantage. Thank you Trish for turning me on to Yoga for Golf. ”