

YOGA FOR GOLFERS: FIND YOUR INNER GAME



Yoga for Golfers helps golfers address the physical causes for swing issues.

This dynamic workshop is ideal for any golfer who wants to take their game to the next level. Widely used by PGA and LPGA professionals, players have discovered many benefits from the practice of yoga. Not only will it improve your overall swing, but it will also help you create a much more peaceful place on the course.

**Improve:
Core Strength
Balance, Flexibility
Focus & Injury Prevention**

***No prior yoga experience or flexibility required
30 Minute class for just \$5.00**

MASTER CLASSES TAUGHT BY Belinda N. Ahern

Belinda enjoys both golf and fitness and is a Certified Yoga Alliance Teacher & Instructor. Belinda is a seasoned professional with a wide range of teaching, instructional and business experience. She encourages you to enjoy what you enjoy to the fullest!

TO LEARN MORE ABOUT YOGA FOR GOLFERS CALL (860) 304-1447

OR VISIT BELINDANA.COM