



Yoga for Golfers

Combining Yoga with Golf to put the power back in and the back pain out of your game.

Thank you for your interest in our Introduction to Goga classes held on Saturday and Monday. We hope you enjoyed the session and now understand how Yoga can be beneficial to your Golf game (and wellbeing).

Preferred class times indicated that Monday afternoon suited most people, so our first class will be next
Monday 4.30-5.30

As interest grows, so will the class schedule. If this time or day does not suit you, watch this space....



Cost

Casual class \$20

Pre paid block of 4 classes \$60 (\$15 per class)

The last class before Christmas will be held on Monday, December 15th and we will discuss how long to break for then

Private sessions

Available at \$90 per hour.

Every body is different. A private consultation will provide an anatomical and dietary assessment to tailor a programme unique to your health needs.



HEALTHIER SWING



A unique package ideal for those committed to improving their game and/ or reducing muscle and joint discomfort. Or simply to for those who wish to enhance their enjoyment of the game. Designed by Baxter and Peter Croker, this programme gives you personalised and expert assessment with tips designed specifically for YOUR body and game.

Consisting of FOUR x one hour sessions, you begin with Peter.

Session one is a swing assessment where state of the art methods are used. Peter offers a combined assessment using Computer/Video swing Analysis and K-Vest to measure your stance alignment, posture, and pivot so as to design a personal program to build balance, strength and flexibility through the GOGA program delivered by Baxter in the following lessons.

Session two is with Baxter. After watching your recorded swing and assessing your body through some gentle Yoga poses, she evaluates where you require attention and designs a tailored series of exercises for you to practice at home.

Session three is again with Baxter to practice your tailored programme and make any adjustments necessary. When required or requested, massage and pulse diagnosis may also be used in combination with the Yoga. Quite often, an "acidic" diet can be the cause of stiffness in joints and muscles. Through the pulse diagnosis, Baxter can determine which foods are required by the body, and which cause sensitivities.

Session four back to Peter to put it all into practice where it most counts.... in the game!

With the added abilities to move in balance as taught by Baxter, Peter will customise a simple pathway for you to build your own best swing. Drills for a better swing and hit of the golf ball will be tested by the student in this "hands on" workshop. Each student will now feel confident to improve their golf through better balance, flexibility and awareness of their body during the action.

**This will be the most comprehensive golf therapy
you'll ever receive.**

