



# *Sports Yoga*

Many top professional athletes including Ryan Giggs, Phil Neville and tennis player Andy Murray are using Yoga to keep their bodies in top condition. This prolongs their career at the highest level. Most Premiership football teams are now using Yoga as a way of helping players recover more quickly from physical damage and also to prevent the risk of injury.



*"Yoga saved my career,"* Ryan Giggs

- Increased flexibility
- Breath control
- Enhance mental focus
- Increased core strength
- Weight control
- Reduce risk of injury

In this 6 week course Rod will be leading students through a series of postures designed specifically for sports practitioners. Whether you run, swim, ride, or play rugby **Sports Yoga** will help you improve your overall performance, keep your body in top condition and injury free.

Monday 3 October - 14 November 7.15pm – 8.15pm  
The Yoga Space, Central Arcade, Trafalgar Street  
Bookings: 545 1668 021 0255 6765 [rodwatson1@gmail.com](mailto:rodwatson1@gmail.com)

**[www.yoganelson.co.nz](http://www.yoganelson.co.nz)**