

the mindful golfer



Many people associate yoga with new age mysticism or the latest fad at the gym but yoga is actually an ancient practice that connects the mind and body (and golf in this case) and it is a pathway to the present moment.

The practice of yoga has many health benefits why not include a bit of yoga in your day so you don't miss out!

<ul style="list-style-type: none">• Decreased blood pressure	<ul style="list-style-type: none">• More positive outlook
<ul style="list-style-type: none">• Lower pulse rate	<ul style="list-style-type: none">• Stress Reduction
<ul style="list-style-type: none">• Better circulation	<ul style="list-style-type: none">• Self-acceptance
<ul style="list-style-type: none">• Improved respiration	<ul style="list-style-type: none">• Self-control
<ul style="list-style-type: none">• Improved digestion	<ul style="list-style-type: none">• Better concentration
<ul style="list-style-type: none">• Increased immunity	<ul style="list-style-type: none">• Improved memory
<ul style="list-style-type: none">• Better sleep	<ul style="list-style-type: none">• Better muscle tone
<ul style="list-style-type: none">• Slower aging	<ul style="list-style-type: none">• Greater hand eye coordination
<ul style="list-style-type: none">• Better posture	<ul style="list-style-type: none">• Better balance
<ul style="list-style-type: none">• Stronger body	<ul style="list-style-type: none">• Increased body awareness
<ul style="list-style-type: none">• More flexibility	<ul style="list-style-type: none">• More energy