

DODIE'S YOGIC GOLFER

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ISSUE 14

Tips on improving flexibility and strength for yoga and golf.

Words of wisdom:

"Enlightenment is nothing more than mastering that mysterious place called now, where intention and attention come together" -Deepak Chopra

REVOLVED WARRIOR

Revolved Warrior is an advanced posture that has a tremendous amount of benefits for golf:

- It strengthens and improves stamina in the legs for a more stable lower body move.

- It stretches the side of the spine for better rotation during the swing and prevents back injuries.

- It increases shoulder turn (and thoracic spinal flexibility) for more distance.

- it increases swing efficiency for more accuracy.

ONE PLANE, TWO PLANE, THREE PLANE, FOUR?

How many "planes" does your golf swing have? Lots is usually the answer! Not something to worry about, unless you or your golf teacher are thinking about changing your swing. There are some physical limitations you should consider first before changing "swing styles". It could save you hours of frustration and prevent physical (and mental) injury.

The "single plane" swing style requires the golfer to be more bent over at address. Also, the lead arm (the left arm for a right handed golfer) usually matches or is slightly below the shoulder plane at the top of the backswing. There are of course, variations of this style. From a physical standpoint, there are two unique demands placed on the body. First, you must be able to forward bend from your hips rather than your back. There should be no "C" posture (or "rounding" of the spine at address). Tight hamstrings and tight hips contribute to an improper "single plane" set up. Secondly,

-Most importantly, it challenges balance and equilibrium.

If you are new to yoga, you might want to start with a modified version. Try placing the back knee on the ground (or on a towel) to help with balance. The arms can also be modified. Simply take the opposite arm of the forward knee and place it on the thigh (quadricep). Use it to get gentle leverage for a better shoulder turn in the posture. Hold for 5-10 deep breaths, and then repeat on the other side.

You will notice an increase in shoulder turn and power in your golf swing.

good spine flexibility (thoracic) is a must. If the back is tight, this will lead to injuries (usually in the low back /lumbar or neck/ cervical).

Most people use a "two plane (multi plane)" swing style. This is a more traditional swing with the arms moving "up" as the shoulders turn into the back swing. You must have adequate shoulder flexibility and strength to perform the "higher" arm backswing. Shoulder health is a major factor for this swing style.

No matter which swing style you use, physical limitations will affect your performance, but more importantly your health. There are a few simple physical tests you can do to see if you need to change swing styles. Contact me if you have questions about your physical limitations affecting your swing style choice.



Revolved Warrior (Parivrtta Virabhadrasana) is a great posture for keeping the spine flexible and healthy.

Other postures for increasing flexibility in the spine:

- Revolved Triangle (Parivritti Trikonasana)

- Reclined Spinal Twist (Supta Jathara Parivrtti)

- Lord of the Fishes (Matsyendrasana)
Shown Below



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Dodie's Yogic Golfer

TIPS ON IMPROVING FLEXIBILITY AND STRENGTH FOR YOGA AND GOLF.

If you know of anyone who may enjoy receiving this newsletter, have them contact me:

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What is TPI?

TPI stands for Titleist Performance Institute. It was originally co-founded by Dr. Greg Rose and Dave Phillips. The TPI program was designed to educate certified golf fitness instructors with cutting edge golf fitness information. TPI has been researching tour pros and golfers of all levels for over 10 years now. Their program features golf specific health and fitness exercises, golf swing biomechanics, physical screening techniques and exercise prescriptions, and the most recent research and development in the field of golf swing analysis.

So why would a company like Titleist want to be involved in golf fitness? Simple. . .to sell more golf balls! The healthier you are, the longer you will play golf. The longer you play golf, the more golf balls you will lose! Quite the business plan!

UPDATES & UPCOMING EVENTS



Earth Day is Wednesday, April 22nd

ANZAC Day Party!

Come celebrate with fellow Americans, Australians, and New Zealanders at an Irish Pub!

Saturday, April 25th 3pm at O'Donoghues
(Hayden and Thompson Peak)

Everyone is welcome!

(Contact Jim Gregory, 480-784-7376)

GOLF FITNESS PROGRAMS!

Ultimate Golf Package:

- TPI Golf Fitness Evaluation
- Personal Workout Website
- 18 session take-home workout specifically for your golf game.
- Personalized Golf Stretches
- Basic Golf Swing Analysis

\$250

Golf Flexibility Program:

Learn golf specific stretches for the driving range, injury prevention, increased distance and more!

1 hour : \$100

Series of 6 : \$550

(Group rates available)

Golf Lesson:

1 hour : \$125

3 Sessions for \$350

Private Yoga Sessions

1 hour : \$100

Series of 6 : \$550

(Group rates available)



Desert Dog

Lilly Pup and I survived a rattle snake "scare" last month on one of our "puppy walks". It's true what they say, they do hiss and rattle. . . I was too busy screaming and running from the snake to see what it looked like! Lilly pup showed off her "puppy agility" as she went speeding past me.

It was not one of our "Yogic Moments".



Golf Quick Tip:

To hit the ball farther, lighten your grip and soften your arms. Holding the golf club tighter will not help you hit it farther! (And for the 'boys' in the audience. . .the driver is not an extension of your manhood!) Relax your hands and arms and you'll crush the ball.