

# DODIE'S COMPLETE GOLFER

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ISSUE 16

Focus your mind. . .Prepare your body. . .Play your best golf!

## Words of wisdom:

*"I don't fear death, but I sure don't like those three-footers for par"*  
-Chi Chi Rodriguez

## BUNS OF STEEL FOR MORE DISTANCE

Bridge Pose (Setu Bandha Sarvangasana) is a powerful posture for developing a strong backside (Gluteus Maximus. . . "glutes").

Begin in a reclined position. Bring your feet to the ground next to your sit bones. Push through the feet and lift the lower back off the ground. Continue to lift the spine, one vertebrae at a time, until you are in the complete posture. Hold for 5-10 deep breaths (there should be no pain or discomfort in the neck, back or legs. If you experience cramping, come out of the posture immediately)

The glutes play a major roll in the golf swing. According to the Titleist Performance Institute studies, almost every swing issue can be related to weak glutes: swaying, sliding, loss of posture, early extension of the pelvis, etc.

Strong glutes stabilize to body and help generate power from the ground up. Postures such as Bridge and Extended Bridge (shown below) are designed to strengthen the glutes. Add these postures to your golf fitness routine, and you'll be crushing the ball in not time!

## SWING CHANGES. . .YIKES!

Contemplating a swing change because your coach suggested one, or are you a self-proclaimed "tinkerer"? There are a few things you should consider before taking the plunge into "new swing land":

1. Are you physically capable of making the swing change? Do you have enough strength or flexibility to make the new move? (I can help you with this!) A simple Golf Fitness evaluation will do the trick and save you hours of frustration on the course.

2. What is the cause of the swing problem? If you are unsure, definitely find out from a coach/teacher so you are not wasting your time guessing what the cause could be.

3. Is it minor maintenance adjustments? (For example: alignment, posture, grip pressure, ball position, widening of your stance, etc. ). These are 'easier' changes to make which may solve the problem immedi-

ately without a drastic swing change. Alignment is one of the most important parts of a proper set-up. Tour pros work on their alignment almost everyday. Eliminate a major swing change, when all you need to do is aim a little farther right/left.

4. Are you willing to get worse before it gets better? Not a fun thing to go through, but usually when there is a swing issue, there is also a 'compensation move' in the golf swing. You can correct the problem, but the 'compensation move' is still there. These things take time to work themselves out. Do you have the patience to stick it out?

If you can hit the shots you want under pressure, maybe the swing you have now is perfect. It doesn't have to be pretty, it just needs to get the job done. Work with your coach and work with your fitness trainer to make sure you're ready for a swing change adventure.



*Bridge Pose (Setu Bandha Sarvangasana) is an excellent posture to increase strength in the glutes. It also stretches the neck, shoulders and abdominals.*

## Other postures for increasing strength in the glutes:

- Crescent Warrior (Virabhadrasana I)
- Side Warrior (Virabhadrasana II)
- Extended Bridge (Shown below)



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## Dodie's Complete Golfer

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- LPGA Tour 2001,2002
- Golf Digest Schools Instructor 2003-2005
- Professional Yoga Instructor
- Certified Titleist Performance Institute Golf Fitness Instructor



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### Staying Motivated with your TPI Golf Fitness Workouts.

Even the best athletes have "plateaus" with their fitness regimen. Here are a few suggestions to keep you focused and enthusiastic about your TPI Golf Fitness Workout:

**-Set Measurable Goals.** For example, set a date to get TPI re-evaluated. You'll have a deadline for improvement, and you'll know exactly how well you have progressed.

**-Create Habits.** Set the alarm and get out of bed for a simple workout. As your body gets accustomed to the new habit, you can start to add more intensity to your workouts. The act of consistency will

**-Workout with a Golf Buddy.** A little competition always helps with motivation. Challenge yourself by 'beating' your playing partners in the gym.

... And if none of that works, just think how much farther you are going to hit the ball! That's all you need for motivation!

## UPDATES & UPCOMING EVENTS



**Don't miss the Yoga and Meditation Retreat on Friday, September 25th!**  
**10:30am-1:00pm**  
**Sign up today!**



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### **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 Lesson:**

1 hour : \$125

3 Sessions for \$350

#### **Private Yoga/TPI training Sessions**

1 hour : \$100

Series of 6 : \$550



### **RECLINED PUPPY POSE**

Lilly Pup's favorite yoga pose is "Svasana", (with Down Dog being a close second.) Svasana is also my most requested posture from students in class and my favorite posture too!



### **Golf Quick Tip:**

Conquer your fear of 3 footers with a simple drill. Find a straight, 3 foot putt. Line up the putt, and then close your eyes. Make a smooth stroke and listen for the ball to go in. As you do the drill, develop a sense of what the putting stroke feels like. Become aware of your grip pressure, your mental visualization, any tension you may have in your body. Relax, breathe and make your best stroke.