

# DODIE'S YOGIC GOLFER

DECEMBER 2008

ISSUE 11

Tips on improving flexibility and strength for yoga and golf.

## Words of wisdom:

- *"Ye'll come away from the links with a new hold on life, that is certain if ye play the game with all your heart"*  
-Shivas Irons (*Golf in the Kingdom*, by Michael Murphy)

## BALANCE YOUR WAY TO MORE CONSISTENCY

Balance is an elemental factor in the golf swing. It first must be developed through physical practice. A simple weight shift for someone struggling with balance will leave them with endless inconsistencies in ball flight and contact.

Practice, practice, practice. There are no excuses here. ("I'm too old" does not work!) Standing on one leg is **not** easy! The more we do it however, the easier it will become. Waiting in line, talking on the phone, brushing our teeth, commercial breaks, etc. . .all leave us the opportunity to practice our balance. You don't need

your yoga mat, just stand on one leg. The body has an amazing capacity to improve and accommodate balance by simple repetition.

In yoga, there are many postures that require balance. The entire Warrior Series, Tree, Eagle, Half Moon, and Half Bow Pose just to name a few. Through these balances, not only will your joints (ankles, knees and hips) become stronger but you'll instinctively have better balance in your golf swing. This leads to more consistent shot making and better ball flight. . .without even thinking about it!

## MYSTICISM AND GOLF . . .GOLF IN THE KINGDOM

I can't believe it has taken me this long to start reading *Golf in the Kingdom* (by Michael Murphy). I have had the book for years. I got it in college a decade ago. Maybe subconsciously I knew I wasn't ready for the book. . .until now. Pondering the connection between mysticism and golf is not for the faint at heart. You actually have to dig deep and question your own view of reality (and golf) reading Murphy's book. It is truly a golf classic that I highly recommend to anyone wondering why we are all so drawn to the game.

At first, I was comparing all his characters to my background studies in eastern philosophy and yoga training. I then realized there was an entire other side of the intellect he was addressing. Not only the "Zen" aspects of golf, but the mathematics, and ancient Greek philosophy of the 6 century BC, the entire development of the human progression. . . All this said in a golf book! Wow! Truly extraordinary.

All golfers have experienced this euphoric feeling of a perfectly well struck ball. Most of the time it is "by accident", or "luck". Murphy takes these chance encounters and dissects them into plausible accounts and trainings for creating these "zone golf experiences". Turning them from chance encounters to structured knowledge. His deep study of cutting edge golf from a philosophical perspective makes me question why we spend so much time on learning the game from a technical perspective. What about all the other aspects of golf, beyond our analytical thought and psychology. . .the energy forces (and possibly spiritual forces) that are awakened when we play the game? Shouldn't we be learning about "true gravity" and our "inner body" along with "swing plane" and "X factor"?

Something to ponder for the new year as we challenge our growth as golfers, yogis and human beings. This one is deep!



*Half Bow Pose/Lord of the Dance (Natarajasana) is an advanced posture that will challenge balance to the extreme.*

## Other postures to improve balance:

-Tree Pose  
(Vrksasana)

-Stick Pose/Warrior C  
(Virabhadrasana C)

-Eagle  
(Garundhasana)

-Crescent Warrior  
(Virabhadrasana A)

-Half Moon  
(Arda Chandrasana)

-Revolved Half Moon  
(Parivrtta Arda Chandrasana)



## 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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### **“Cousin Scooter’s” Puppy Zen Koan:**

**If a dog barks his head off in the forest and no human hears him, is he still a bad dog?**

## UPDATES & UPCOMING EVENTS



## **Yoga and Meditation Retreat**

**With Dodie Mazzuca**

# **Friday, Jan. 9**

## **10:30 am – 1:00 pm**

**(Register before 1/9 and save \$10!)**

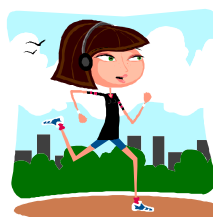
### Upcoming Retreats:

*February 13*

*March 20*

*(A great gift idea for yourself and a friend!)*

Last month I ran my first 1/2 Marathon! I am now finished with running! Never again! It was almost a torturous as missing a 3 footer! Jim is getting ready for the PF Chang's Full Marathon in January. . . Yikes!



*Eagle (Garundasana) will challenge your balance, along with strengthening the ankles, knees and hips. The upper thoracic area (upper back) gets a great stretch with eagle. A challenging, but very effective posture.*



“Quiet please. . . I am visualizing to ball going in the hole”

### **Golf Quick Tip:**

If you don't have time to practice, use visualization techniques to sharpen your skills. In your mind, play your best shots over and over again. The next time you play, you'll be able to quickly access those positive images.