

# DODIE'S YOGIC GOLFER



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ISSUE 8

Tips on improving flexibility and strength for yoga and golf.

Helping you stay motivated and inspired to lower your scores and touch your toes!

Words of wisdom:

- *"All too often we get wrapped up in the pressure, and suddenly it's not fun anymore."* -Jerry Lynch, (*"Thinking Body, Dancing Mind"*)

## CAT/COW (MARJARYASANA/BITILASANA)

Cat/Cow is more of a flow than a sustained posture. It is one of the best warm up stretches before a round of golf. It prevents back injuries, promotes better posture and eliminates muscle fatigue in the back.

Begin in Cat position. The knees are directly beneath the hips while the hands are directly underneath the shoulders. Spread the fingers and have the middle fingers "parallel" to each other. As you exhale, arch the back upward. Draw the belly up towards the spine. On the exhale, drop the belly and lift the head. Move the entire spine together. Continue the flow 5-10 times. Try and synchronize the breath with the motion of the spine.

You will start to feel the spine loosening up. This is such a great flow to do before you play. Definitely add this posture to your pre-round warm-up.

If the spine is tight and stiff, it can

lead to numerous problems in the golf swing. Anything from a poor set-up position, to an incorrect swing path. As always, talk with your teaching professional about your swing.

Not only will your golf swing be effected, but your back muscles will be more prone to injury if they are too tight. The golf swing itself is already incredibly abusive to the spine. Add a tight spine to the mix, and you've got a receipt for injury.

How about the long practice sessions? (Especially with the short game.) Have you ever found your back tightening up and tired? Cat/Cow will help to prevent this. It increases endurance and eliminates some of the muscle fatigue in the back associated with those long practice sessions.

Use Cat/Cow flow before you play. You'll notice less back injuries, better posture and more freedom to practice harder. Become the golfer you want to be without a tight back getting in the way.

## "DANCE WITH THE DATE YOU BROUGHT TO THE DANCE!"

Remember, "back in the day", when we went to the school dances and had to bring a date? What happened if we danced with someone else's date? It wasn't a pretty sight!

The same thing happens in golf. We get to the first tee and suddenly we think we are Tiger Woods. We can hit any golf shot. (Never mind that we haven't spent 8 hours a day perfecting our bodies and our swings). Why try and hit shots that just aren't working for you that day? Out on the course, if you have hit the last 10 drives with a slice, why not play for it? You can

"fix" the slice later, at the driving range, with your teaching professional. Don't try and change the ball flight you've got for the day.

It can also apply to short game. If you've never practiced a high "flop" shot, (or been unsuccessful at hitting a high flop shot) why try and do it on the course? Find another option for the shot.

This is not being a "wimp". . . It's called good course management. Your scores will be lower (along with your blood pressure) and you won't be upsetting the "date you brought to the dance."



*Cat/Cow (Marjaryasana/Bitilasana) is a good posture for preventing back injuries. It will promote better posture and is a great pre-round warm-up stretch.*

### Other postures to increase flexibility in the spine:

-Reclined Spinal Twist (Supta Jathara Parivrtti)

-Seated Forward Bend (Poshimottinasana)

-Seated Spinal Twist/ Lord of the Fishes (Matsyendrasana)





## 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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### Who Me?

Lilly turns 1 this month. She is now expected to be well behaved and obedient . . .ha! She has us very well trained!

## JIM'S REAL ESTATE TIPS:

**(480) 784-7377**

### As of Friday, 12/14/07

The last week saw another drop in inventory of 225 homes. There are currently 46234 SFD homes on the market. This is the lowest we have seen since mid August.

Closing rates improved to 2812 homes sold in the previous month, which improves the market to 16 1/2 months of supply overall. Most areas saw a slight improvement.

Best market in the Valley is the SE area at 12 1/2 months supply and next is Scottsdale under \$1M at 14 3/4 months.

*Jim Gregory specializes in residential real estate in Arizona. If you, or someone you know, has questions about real estate, contact Jim.*

## We have finished the Book and the DVD!

(I will have them available in class.)

Thank you to **Julie Perry Nelson** ([www.JuliePerryNelson.com](http://www.JuliePerryNelson.com)) for all of her help with the book and web site!

Yes, I have a website!

**DodieMazzuca.com**

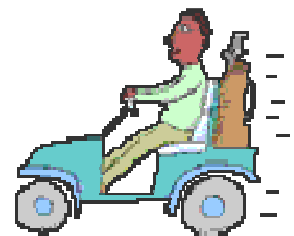
(We will be adding more to it in the months to come.)



*Seated Forward Bend (Poshimottinasana) will also help stretch the spine and the legs. Use a towel or strap around the feet if you can not reach your toes.*

## Recommended Reading:

*"Thinking Body, Dancing Mind"* by Chungliang Al Huang and Jerry Lynch



**Golf Quick Tip:** For better tempo, give yourself enough time before you play so you are not rushing to the first tee.