

DODIE'S COMPLETE GOLFER

JUNE 2009



ISSUE 15

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

Words of wisdom:

“Every individual has the potential to be original.”

-Yogi Bhajan

BUTTERFLY

Butterfly pose (Badha Konasana) is a gentle stretch for the inner hips and lower back. It's a great stretch for anyone new to yoga. It should be incorporated into a pre-round and post-round stretching routine.

There are two variations of the pose. The first variation is to keep the feet close to the body, and then bend forward into the posture. This will create an intense stretch for the hip area. The second variation is to have the feet slightly farther away from the body. This will move the stretch more into the lower back. Both are very beneficial to the body and are great for golf.

As we know, a proper lower body turn is essential for generating power and consistency in the golf swing. Tight hips are a major reason golfers tend to “sway” or “slide” in the golf swing (excessive lateral movement). Butterfly will open the external rotators and the groin area. Increasing mobility (flexibility) in the hips allows the golfer to rotate properly and create power in the golf swing.

Butterfly is a simple posture with endless benefits for golf and health. Add it to your stretching program and you will notice less tightness in your hips and more power in your golf shots!



Butterfly (Badha Konasana) will free the hips and relieve lower back tension. To deepen this stretch, use the elbows to gently push down on the knees.

FOCUS ON YOUR 'POST-SHOT ROUTINE' FOR LOWER SCORES

“Oh \$##*t! What the F^*&?” Sound familiar? It's okay, you don't have to pretend. Golf can turn even the calmest of yogis into a trash talking truck driver (no offense to the truck drivers!)

We've all practiced our “Pre-shot Routine”, but what about after the shot? Our “Post-shot Routine”? Rumor has it that as a child, Tiger's father only gave him 10 seconds after a shot to complain about it. When the time was up, he was trained to control his emotions and move on to the next shot.

No matter what level of golfer we are, emotions are going to happen on the golf course. How we handle those emotions will directly relate to how well we hit the next shot. It's one thing to ‘piss and moan’ about a shot for a moment, and let it go. The problem arises when we let that anger follow us into making poor decisions on the next shot.

In Buddhist philosophy, anger is often referred to as a strong attachment to something. This is a powerful statement!

The next time you are raging after a shot, ask yourself **“what am I attaching to?”** Is it attachment to the outcome? Attachment to expectations? Attachment to score? Trying to look good (or not look like an idiot?) The pursuit of perfection? You will be surprised when you are really honest about your reactions, there will be a pattern. The amazing thing is, once you distinguish your attachment pattern, it will simply go away on it's own. It almost becomes comical. . . “oh, there's my attachment to score again!”

Start paying attention to your ‘post-shot’ routine. This will improve your score, and you'll be on your path to becoming a “Zen Master!”

Other postures for improving flexibility in the hips:

- Triangle (Trikonasana)
- Side Warrior (Virabhadrasana II)
- Pyramid (Upavistha Konasana. Shown below)



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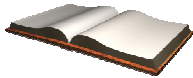
Dodie's Complete Golfer

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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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Recommended Summer Reading:

- Golf in the Kingdom***
(Michael Murphy)
- Every Shot Must Have a Purpose***
(Pia Nilsson and Lynn Marriott)
- Extraordinary Golf***
(Fred Shoemaker)
- Perfect Health and***
- Seven Spiritual Laws of Success***
(Depak Chopra)
- Celestine Prophecy***
(James Redfield)

And, don't forget. . . "Stretch Your Way to Lower Scores!"

Written by me!

UPDATES & UPCOMING EVENTS



Save the dates!

Fall

Yoga and Meditation Retreats

10:30am-1:00pm

September 25

October 23

November 13

**Bring a friend and relax in the
tranquility of the Rio Verde Foothills!**

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



Pup-asan

Lilly Pup has found her new favorite spot to do her "puppy meditation" (also known as napping). It's our "recycled" Papasan chair. Ugliest chair in the house, but of course her favorite spot to ponder the wonders of the world. . . what can I eat next? Chase bunnies or play with lizards? The joys of being a pup!



Golf Quick Tip:

Having problems with distance control on long putts? Take a ball to the center of the green, and then putt to the fringe. Don't worry about alignment, simply focus on stopping the ball as close to the edge of the green as you can. Then, putt back across the green. Roll some uphill putts, downhill putts, all different angles on the green. You will quickly develop better speed and distance control . . . which means no more 3 putts!