

# DODIE'S YOGIC GOLFER



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ISSUE 13

Tips on improving flexibility and strength for yoga and golf.

## Words of wisdom:

*"My philosophy is simple: play hard, try to win, then drink with your opponent afterward. That's what golf--and life-- is all about" -Darren Clark, Golf Magazine Interview (Feb. '09)*

## STRETCH YOUR SHOULDERS FOR BETTER POSTURE AND INJURY PREVENTION

One of the most common set-up faults in golf is a poor upper back posture. Our swing coach may say "stop rounding your shoulders. . . Straighten your back." This is very valuable advice. Rounded shoulders, or "C" Posture is a major power leak in the golf swing.

The problem arises when we cannot physically straighten the back. Our coaches can tell us until they are blue in the face to stop "rounding" the shoulders, but until the front of the shoulders (pectorals) loosens up, or we develop stronger upper back muscles (scapular strength), it 'ain't gonna' happen.!

## VISUALIZE FOR LESS STRESS ON THE GOLF COURSE

Ever notice your tempo pick up when you start to feel pressure? Maybe the backswing gets a little short, or maybe your arms start swinging at "mock 10" (not good unless the rest of your body is moving at the same ridiculous speed). So how do we combat the pressure, the anxiety, the stress we all have 'occasionally' on the course?

Studies show that the brain can often not tell the difference between physical practice and mental practice. This has tremendous applications for golf. When we train the brain with positive images in a calm and relaxed setting (like in yoga class), it is much easier to access those same positive images when we are 'under the gun'.

Let's say you have an upcoming tournament at a golf course that you have played before. Chances are you remember a

A simple stretch, such as Golf Club Shoulder Stretch will start to correct the physical limitations of "C" Posture. Grab a club as wide as possible. Gently lift the club up over your head and back as far as you can. You should feel an intense stretch in the front of the shoulders. Only go as far as you are comfortable with. (If there is neck or shoulder pain, stop immediately . . . It's a sign that there is an injury).

Try this stretch before you play and during your workouts for better set-up posture and more distance!

lot about the course (and your past performances on the course). What if you could re-play the course in your mind? Hitting each shot the way you want to. Developing good course management and really visualizing the perfect shot each time.

This is a great thing to do the night or morning before the round. It will help relieve nervousness and also increase focus and concentration. When you step on to the first tee, you will already have practiced hitting the perfect shot. Now all you have to do is replay that good visual and let instincts take over.

The mind is a very powerful tool, especially in golf. Visualization is the best way to sharpen our mind and calm our frazzled nerves.



*Golf Club Shoulder Stretch will open the shoulders and prevent "rounding" or "C posture" which can be a huge power leak in the golf swing.*

## Other postures for opening the shoulders:

- Humble Warrior (Virabhadrasana Venus Mudra)
- Lord of the Dance (Natarajasana)
- Down Dog (Adho Mukha Svanasana)



[dodiemazzuca@desertinet.com](mailto:dodiemazzuca@desertinet.com)

(480) 784-7376





## 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:

**Dodie Mazzuca**  
dodiemazzuca@desertinet.com  
(480) 784-7376



## Meditate (for Golf)?

Part 2

There are many different forms of meditation. Just as in yoga, you have to find the right "style" that fits you best for meditation. One example of a meditation style is "Mantra Meditation". This is the continuous repetition of a single word or phrase to keep the mind centered. Kali Ray (Founder of Tri-Yoga) writes:

"Mantra means that which protects the mind. Mantra repetition calms the mind while creating space between the thoughts. Otherwise, the 60,000+ daily thoughts will continue to persist."

Try a "mantra" for golf. Find a word or simple saying that will get you in the right mind frame. . . "Focus", "Let go", or "Breathe". One word is all you need to harness the mind from the negative thought patterns of golf and bring your focus back to the present moment. . . the golf shot. This is a very powerful place to play golf from.

Find the space between the thoughts, and you'll play your best golf. . .

. . . more to come. . .

## UPDATES & UPCOMING EVENTS



## Yoga and Meditation Retreat

With Dodie Mazzuca

# Friday, March 20

## 10:30 am – 1:00 pm

### Last retreat of the season!

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

### **NEW 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

#### **MARCH SPECIAL:**

Bring a friend for free!



*Happy Baby Pose! Julie and Baby Alex demonstrate the intense hip opener. It seems we have a future "yogini" !*



#### **Golf Quick Tip:**

For long, running chip shots with lots of green to work with:

-Put the ball back in your stance.

-Place your hands slightly forward of the ball.

-Put more weight on your front foot.

-Make a solid, accelerating "pendulum" (or putting stroke.)

-Most importantly,

**VISUALIZE THE BALL GOING IN THE HOLE!**