

DODIE'S COMPLETE GOLFER

SEPTEMBER 2009



ISSUE 18

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

Words of wisdom:

"The fearful swing rarely produces a courageous shot. If you channel you energy toward the target, the ball will follow"

-Every Shot Must Have a Purpose by Pia Nilsson and Lynn Marriott

"HAMMIE TIME!"

Extended Runner Stretch is an aggressive stretch of the hamstrings. The hamstrings are the muscles in the back of the upper leg. Tight hamstrings are the culprit for many lower back injuries for golfers.

Extended Runner is often referred to as 'Monkey Prep'. Monkey (Hanamanasana) is the forward splits. .ouch! To get into the posture, begin in cat pose. Make sure the muscles are warm. Bring the right foot forward into lunge. Slightly shift the weight back so the front leg starts to straighten (it's okay to bend the front knee). To deepen the stretch, straighten the right leg and lower the torso.

To move into Monkey, gradually widen the stance. Hold for 5-10 deep breaths.

According to the Titleist Performance Institute research, inflexibility in the hamstrings is very common in males. Postures like Extended Runner and Extended Leg Stretch (shown below) will increase the mobility in the hamstrings. Once the hamstrings start to loosen up, it becomes much easier to have proper "hip hinge mechanics" in the golf swing set-up. A better set-up means a much more efficient golf swing.

Stretch your hamstrings, and you'll have less lower back pain and more distance off the tee!



Extended Runner/Monkey Prep is an intense stretch for the back of the legs. The hamstrings, calves and lower back will get a great stretch with this posture.

PRE-ROUND STRETCHES TO CALM TOURNAMENT NERVES

In yoga and in golf, the mind-body connection is very powerful. If our mind is calm, our body will be calm. If our body is stretched and relaxed, we can transfer that sensation to the mind.

One of the best ways to create this mind-body connection is through stretching before we play. These postures are very effective for a pre-round stretching routine:

- Crescent Warrior
- Side Warrior
- Earth Touch
- Cat/Cow
- Hurdler's Stretch
- Lord of the Fishes
- Seated Forward Bend
- Hip Side Cradle
- Reclined Extended Leg Stretch

-Reclined Spinal Twist

(All of these postures are pictured in my book. Contact me if you'd like a copy)

What makes the postures even more beneficial is how we perform them. As you do the stretches, **BREATH SLOWLY AND DEEPLY**. You can even close your eyes. Focus on the muscles that feel tight, and relax them. As you get towards the end of the stretching session, take a few moments to visualize your tournament round. In your mind, go through a great warm up session. Take your mind to the first tee or any difficult holes and play them perfectly in your mind.

Use the stretches and yoga breath to slow down the thoughts and relax the body before you play. You'll put your body and mind in the perfect atmosphere for success!

Other postures for improving flexibility in the hamstrings:

- Earth Touch (Uttanasana)
- Seated Forward Bend (Poshimottinasana)
- Extended Leg Stretch (Supta Padangusthasana) Shown below



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Dodie's Complete Golfer

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Meditate (for Golf)?

Part 3

Where are you? The art of mental focus.

Often times we'll be over a golf shot thinking about something other than the golf shot. Lunch, our playing partners, the slow play. It can even be something golf related, but has nothing to do with the present shot. . .thinking about the last shot, your score, a mechanical move, or a swing tip you heard from a buddy. This is not focusing on the present golf shot. Mental concentration is becoming completely involved with the shot. What is the wind like right now? What is the yardage, the lie, etc. What do I want this shot to look like, feel like? Replaying those images in your head as you focus on the target, breathe deeply and set up to the ball. The next time you play, observe your thoughts over the ball. Distinguish if they are about the present shot and target, or if they are wondering around aimlessly. A little awareness and a lot of practice, and you'll be able to focus your mind!

UPDATES & UPCOMING EVENTS



Yoga and Meditation Retreat

Attention: Date change!

The first fall retreat will be held on

Saturday, October 3

9:00am—12:00pm

Bring a friend and enjoy the tranquility of the Rio Verde Foothills.

All levels welcome!



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



ZEN PUPPY

"I am becoming one with my inner puppy."
Lilly Pup finds time in her busy schedule (of napping and eating) to meditate each day. She obtains a state of deep inner puppy calm.



Golf Quick Tip:

To lower your scores, become a master from 100 yards in. Practice shots from different yardages, different lies, behind trees, etc. **Get creative!** (You can spend hours hitting these shots because they are less abusive on your body.) You'll gain confidence and lower your scores being sharp and efficient from 100 yards and in.