

DODIE'S YOGIC GOLFER

SPRING 2008

ISSUE 9

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:

- *"To be, or not to be, what was the question? -unknown"*

EARTH TOUCH (UTTANASANA)

Earth Touch/Standing Forward Bend (Uttanasana) is another posture that is important for golf. Use it before, during and after your round. Also, incorporate it into your golf fitness program to prevent injuries and make the legs more flexible.

Begin in standing. Lengthen the torso and slowly bend from the waist. Reach the hands towards the ground. If the hands do not get to the ground, you can place them on a block or rest them on the legs. From here, let the head hang. Be mindful of this forward bend. You should only feel a stretch in the lower back and the hamstrings (back of the legs). If there is an intense, or sharp pain, come out of the posture immediately. This should be a slow, smooth motion. Hold the posture for 5-10 deep

WHY DO YOU PLAY GOLF?

Yes, I know, this sounds like a dumb question. However, it is the most important question you can ask yourself right now. Why do you play golf?

Some people play golf to spend time with friends. Others enjoy the challenge of self-mastery with the game. Now, here's the catch, there is no wrong answer to the question. Your answer to this question will determine the rest of your golf career. That's a pretty big deal!

Now, from this answer, how are you going to create a golf experience that lines up with why you play golf? Lets say, for example, that you play golf because you love to compete. You can't wait to play in a tournament and be under pressure. Great! So lets look at how we are going to approach

breathes.

In the golf swing, the lower back and the hamstrings are related. If the hamstrings are tight, you will be more prone to lower back injuries. This is the most common injury in golf.

When you hit a lot of range balls, or putt and chip for long periods of time, make sure you do earth touch to relieve the tension in the muscles. Your back, your legs, and your golf game will thank you.

our golf experience. Usually to win in golf, we have to shoot lower scores than our opponent. (see "Golf Quick Tips" on the next page) This is pretty obvious. From here, look at your practice regimen, your time commitment, your level of focus, etc. You have to be brutally honest with yourself. Your golf experience is going to be much different then someone who plays recreational golf.

Now, with both scenarios there is great potential for enjoyment of the game, but what happens when it's not fun anymore? This is the moment when you have lost sight of why you play golf. Return to your answer. Get a clearer understanding of why you play golf, and now you can create an enjoyable, amazing golf experience!



Earth Touch/ Standing Forward Bend (Uttanasana) is a great stretch to incorporate into your golf fitness program.

Other postures to increase flexibility in the legs and spine:

-Hurdler's stretch
(Janu Sirsasana)

-Seated Forward Bend
(Poshimottinanasana)

-Reclined Extended
Leg Stretch (Supta
Padagusthasana)

-Revolved Triangle
(Pravritta Tikona-
sana)

-Extended Runners
Stretch/Monkey
(Humanasana)



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

If you need help with Residential Real Estate, contact my husband:

Jim Gregory
Sonoran Properties GMAC Real Estate
(480) 784-7377
jimgregory@sonorangmac.com
Aussiejimhomes.com



Cyclin' Pup

Lilly Pup loves to go for bike rides in her basket. (We ride to the Pemerton Trail in the McDowell Mountain Park.) Like any serious cyclists, we make sure to always have lots of snacks and treats along the way! Too much fun!

JIM'S REAL ESTATE REPORT:

(480) 784-7377

As of Friday, 3/28/08
Since February 1st, less than 2 months ago, the Valley wide supply of homes has gone from a 19 1/4 month supply to a 12 1/2 month supply. This has been driven by an over 50% increase in closed sales in that short time. Despite what we are being told by the media, things are getting much better. I expect this trend of improvement to continue. Closes in the previous month continue to improve and were up to 3663, moving us to a supply Valley wide of 12 1/2 months, another improvement over the previous week. Total listings were unchanged at 46172.

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

480-784-7377

World T'ai Chi-Qigong Day!



Sat., April 26th

9:45 am



Free! All are welcome!

The Franciscan Renewal Center

5802 E. Lincoln Dr.

For more information, contact:

Jake Zinn

jtzinn@cox.net

(602) 931-5972



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.



Golf Quick Tip:

The quickest way to lower your scores is to develop an extraordinary short game. This takes a lot of quality practice and repetition. (To keep your body healthy after a long short game practice, make sure you stretch!)