



ESPECIALLY FOR ATHLETES

The most significant benefits Radius Yoga Conditioning offers athletes are:

- Correction of strength & flexibility imbalances brought on by a sport's particular movements, reducing the risk of injury.
- Enhanced body awareness and control through improved proprioception.
- Sharper focus and ability to avoid the stress of the "mental game."
- Increased core stability as the foundation for transferring force and expressing power.

Like anyone doing yoga, athletes receive maximum benefits from programs that are tailored not only to the specifications of their sports but also to their own bodies and the physical and mental demands of their careers. However, many sections of this book have practical applications for specific sports. Examples are noted below:

Golf

- Core Part One
- Twisting Part Two
- Balance Part One
- Hips/Groins Part Two

Baseball

- Core Part Two
- Twisting Part One
- Balance Part Two
- Hips/Groins Part One

Basketball

- Legs Part Two
- Twisting Part Two
- Balance Part One & Two

Football

- Legs Part Two
- Twisting Part One
- Balance Part One & Two

Hockey

- Twisting Part One
- Legs Parts One & Two
- Balance Part Two

Bodybuilding

- Sun Salutations
- Legs Parts One & Two
- Arms/Shoulders Parts One

Cycling

- Hips/Groins Parts One & Two
- Backbending/Chest Opening Parts One & Two

Tennis

- Core Part One
- Twisting Part One
- Balance Part Two
- Arms/Shoulders Part One

Running

- Legs Part Two
- Hips/Groins Parts One & Two
- Inversions Part Two

Soccer

- Core Part Two
- Twisting Parts One & Two
- Balance Part Two