



Yoga for Sports Conditioning

Boosting performance and recovery for pain-free training

Key Benefits

- **Reduce injuries**
- **Speed recovery**
- **Increase flexibility**

Cross Training:

The use of another activity (like yoga) to enhance training in one's primary sport. It builds your "non-training" muscles, rests your "training" muscles while maintaining fitness and providing balance to your muscle groups.

Has your training reached a plateau? Or do you train consistently with back, knee or hip pain? Rather than increasing your mileage why not try yoga to provide a holistic approach to increase your performance?

Why Yoga

Yoga is an ancient system of personal mastery and the essential purpose is to bring together body, mind and spirit. The central methods of yoga are physical postures, breathing techniques and meditation. Studies show that the mental methods of yoga can improve training capacity and performance.

Reduce Injuries

Many sports injuries are related to overuse, poor body mechanics and inadequate flexibility. Yoga helps athletes by moving their training into all planes. It provides balanced movement in every direction—forward, sideways, backwards and rotation. Athletes can use yoga as a way to cross train for muscular endurance and recovery from injuries.

Speed Recovery

Given inadequate time for recovery, the body can become susceptible to injury. Yoga can provide awareness training that lets you tune into your body. Having mental focus and body awareness you will know how to adjust your training to speed recovery and maximize performance.

Increase Flexibility

Flexible muscles are less likely to become



injured. Since a flexible joint requires less energy to move through a wider range of motion, a flexible body improves overall performance by creating more energy-efficient movements.

Yoga in particular can address muscles tight for athletes—hamstrings, hip flexors and muscles attached to the pelvis, all of which can relieve stress on the lower back.

Yoga Services

KCFITNESSLINK can help you individually or your team improve your performance level. We offer a variety of programs to support running, biking, swimming, golfing, tennis and other sports activities:

- One-on-one yoga training
- Group yoga training for teams
- Performance seminars on sports nutrition and supplementation, cross training, and custom fitness topics on health and fitness

Start your yoga program today. Contact us at 816.256.4443 or e-mail info@kcfitnesslink.com.