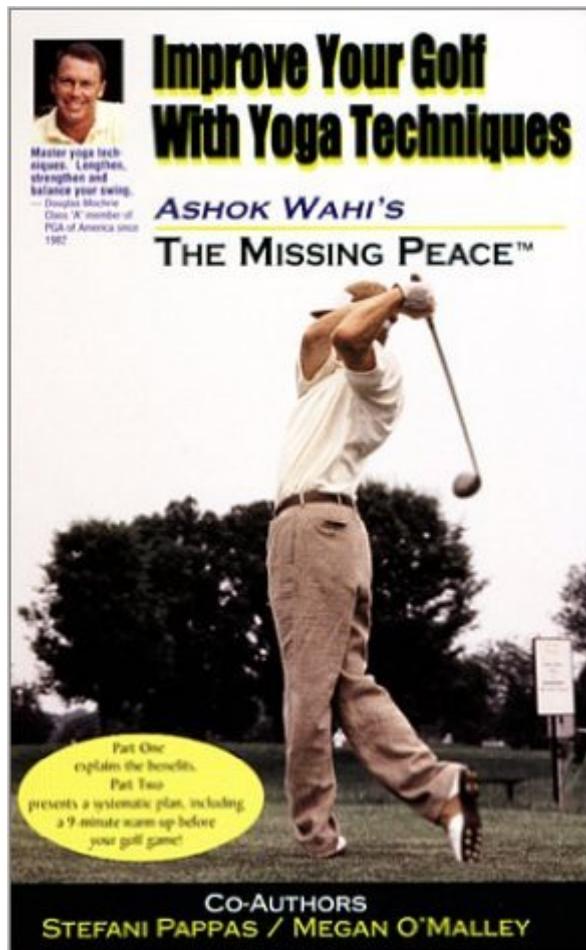


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# Improve Your Golf With Yoga Techniques (Missing Peace (Princeton Design Group))



## **Synopsis**

Relates specific selected yoga techniques to golf from the perspectives of physical and mental focus. Using easy to read, non-technical descriptions, illustrations and photographs. Douglas Mochrie, a Class "A" teaching golf pro has endorsed the book: saying "Hit your...ball farther. Enjoy golf more!...Learn how yoga can improve your game. The pictures clearly illustrate examples of the body positions and motions that correlate well with swings, chips, and putts."

## **Book Information**

Series: Missing Peace (Princeton Design Group)

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## **Customer Reviews**

I was disappointed in the book, I already know some basic Yoga and was looking for something geared specifically towards the golfer. Instead the book took regular yoga poses, which you learn in any basic yoga class, and applied them to golf. Now there is nothing inherently wrong with that - its just that I expected something really focused on golfers - maybe my expectations were too high? I would recommend this book to people who have no concept of Yoga and need some flexibility and general physical conditioning improvement. However if you are an active person and have the possibility of attending Yoga classes then do that instead. You will learn everything this book has in the first class ...

If golf is the most mental of sports, and yoga the most mental of exercise, it makes a lot of sense to fuse the two. I have tried it and took 6 strokes off my game the first time after doing the exercises. And the beauty is, you can do the exercises at home, and some can be done in the car on the way

to the course, such as the deep breathing, relaxation techniques. And on the course many yoga exercises can be snuck in while others just wouldn't be appropriate outside a gym. Before I hit the links tomorrow, I'm going to hit "The Missing Peace" and do those loosening warm-ups. The book is well-organized, well-illustrated, easy to use, but most of all it satisfies a need in many golfers that often has gone unmet--unless they've read the book or practice yoga.

**The Missing Peace, Improve Your Golf with Yoga Techniques by Ashok Wahi** Reviewed by Terry Tolbert, Fort Bliss, TX Let me start by saying that I am a golfer, not a writer or a reviewer. My handicap is "15"; I play in a lot of tournaments but am not a professional. So when I picked up this new, little book I thought, "Well, maybe I can learn a little more about the mental game of golf as well as get a few pointers on physical exercises." It has turned out to be a real revelation for me! I re-learned what I knew all along, that mental and physical discipline are inter-related and very important to improving my golf game. What I learned that was new was that the discipline of Yoga can be specifically applied to certain aspects of golf. There is a special breathing technique which helps you concentrate while developing breath control and lung capacity. There is also a series of posture control poses which helped me improve my swing and follow-through. This is a very practical little book that I highly recommend for the golfer at any level of play.

As an engineer with the United States Golf Association (USGA), I am always looking for anything that applies science to the game of golf. When I read a description of this book, I became interested in the value of mastering my emotions during my playing time on the golf course. I ordered my copy of *Improve Your Golf With Yoga Techniques* and soon after began their program. The positive results came about rather quickly. When it came time to make a golf shot, the yoga techniques allowed me to relax and remain focused. I am encouraged that my performance on the golf course will improve even more as I continue practicing the procedures described in the book. The book is written clearly and the exercises are easy to follow. Not only has my golf game improved, but it has inspired me to take a yoga class for a better understanding of the techniques. I feel confident that come spring, I will be able to really enjoy my golf game. **Mike Rojek** USGA, Engineer

There is no doubt that the method in this book brings results. I congratulate the authors for skillfully using the techniques of yoga in the service of playing better golf. It's great to have exercises to warm-up physically and focus mentally. All the exercises are directly beneficial to improving the game, especially because they are well-explained and illustrated. The reader can implement them

right away and feel the results. As a yoga student interested in learning golf, rather than intimidated by such a daunting sport, I feel more confident and encouraged to play because of the techniques in this book. Thanks especially to Stefani Pappas whose joy, energy, and enthusiasm come through the printed pages so effectively.

This unique book among golf books assumes you know the game, but could use a little help getting it together mentally, physically, and emotionally. Practicing yoga, or at least doing the yoga warm-up exercises seems to be the perfect way to set yourself up for a better, more enjoyable and relaxing game--not to mention taking a few strokes off your game. I took 5 strokes off my game the first time I did the exercises, then played a round. Following the simple, well-illustrated instructions increased my flexibility like nothing else has, and, with the breathing exercises (which, incidentally, you can do in the car on the way to the course), you will be more relaxed, focused, and energized. And what is especially appealing about this book is that with its focus on total body conditioning, it will be most helpful whatever you are doing. Since golf is the most mental of sports, and since yoga seems to offer the most mental of exercises, the marriage of golf and yoga is a natural, as this book so thoroughly and clearly demonstrates.

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