

YOGA 4 GOLF

Who: Anyone! Whether you are an experienced Yogi or just trying to find ways to drop your score, everyone is welcome!

What: A smooth-flow yoga class that will emphasize postures to build strength, flexibility, and balance to improve your golf game.

When: Starting July 12, Every Thursday at 5:45pm. (Barring weather)

Where: Collindale Golf Course chipping area. Please make sure to bring your own yoga mat or towel.

How:

- Step 1) Go to our Home Page on the Collindale website:
- <https://collindalegolfacademy.com/events/yoga4golf/>
- Step 2) Read the liability form and be prepared to fill out the waiver 10 minutes before the start of your first class.
- Step 3) Pay \$10 in cash the day of the class or through our Venmo — **“CollindaleYoga”**
- -Please make sure to include your first name, last name and the date of the class in the message on Venmo so we know who is coming!

Why: The benefits of Yoga with the game of golf are vast; outside of physical strength, flexibility, and balance, the positives yoga provide for the mental aspect are immeasurable. Your body performing the golf swing, matched with a mental focus and calmness that a yoga practice can allow, is truly going to make you a warrior on the golf course.

If you have any further questions, you can always email us at:
CollindaleYoga@gmail.com