

Katherine Roberts'



Generating More Power & Distance

Improve Your Performance on the Course

For golfers of all abilities and all levels of flexibility.

NO YOGA EXPERIENCE REQUIRED.



A dynamic, hands-on, golf performance workshop designed to increase distance, power, focus, confidence, and vitality.

Join **Shannon Mathews**, Certified Yoga For Golfers® (YFG) Instructor, in this powerful workshop that applies yoga-based physical and mental conditioning to the biomechanics of the golf swing.

See and feel a difference in your game!

- Increase your flexibility and strength for more consistency and power.
- Improve your posture, the foundation of the golf swing.
- Improve your breathing and focus to enhance your overall performance.
- Learn a dynamic warm-up so you play your best right from the first tee.
- Extend your body's ability to play so you can play better, longer, and with more confidence and increased enjoyment.



WHEN: Monday Nights
TIME: 5:30-6:30
WHERE: Meet upstairs PC Club House
COST: Punch Cards Available

5 Punch 1 Free \$40.00
 10 Punch 2 Free \$80.00

Private Sessions available, first class FREE!

REGISTER: Sign up in Pro Shop
 Or call Shannon 320-267-6094

Following YFG instruction, golfers can expect a 20-40% increase in range of motion, translating into greater strength, greater distance and more consistency on the course



Please bring a yoga mat (if you have one), a towel, and a water bottle.



"At their most basic levels, golf and yoga are the same - intentional, dynamic movement of the body in 3 planes of motion. To create power and speed in your swing, you need flexibility, strength and balance, all of which you get from yoga."

"After two classes I have never hit straighter or longer drives. It's all due to Yoga For Golfers getting my back straight, and now, I can effectively turn my body which equates to more distance!"

Chuck Gates | 21 Handicap

Katherine Roberts | Founder, Yoga For Golfers®



