



The Athlete's Guide to Yoga: An Integrated Approach to Strength, Flexibility & Focus

By Sage Rountree

VeloPress. Paperback. Book Condition: new. BRAND NEW, The Athlete's Guide to Yoga: An Integrated Approach to Strength, Flexibility & Focus, Sage Rountree, Yoga imparts flexibility, balance, and whole-body strength, creating improvements in an athlete's form, efficiency, and power. In addition, yoga's attention to concentration and breath awareness improves mental focus and mental endurance - hidden assets that become especially important at the end of a long training session or race. In "The Athlete's Guide to Yoga", Sage Rountree explains the benefits that yoga can bring to every training programme. With colour photographs featuring more than 100 poses, this book treats common problem areas to make athletes stronger in their sport. Rountree helps athletes see progress from just 10 minutes of yoga each day. In an engaging and easy-to-follow style, "The Athlete's Guide to Yoga" presents warm-up and cool-down routines for workouts, simple poses to specifically target areas of inflexibility and overuse, breath and meditation exercises and recommendations for intensity and volume of yoga workouts throughout the training year. "The Athletes Guide to Yoga" includes a ten minute video including a warm-up and cool-down for everyday workouts, bound into the book.



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