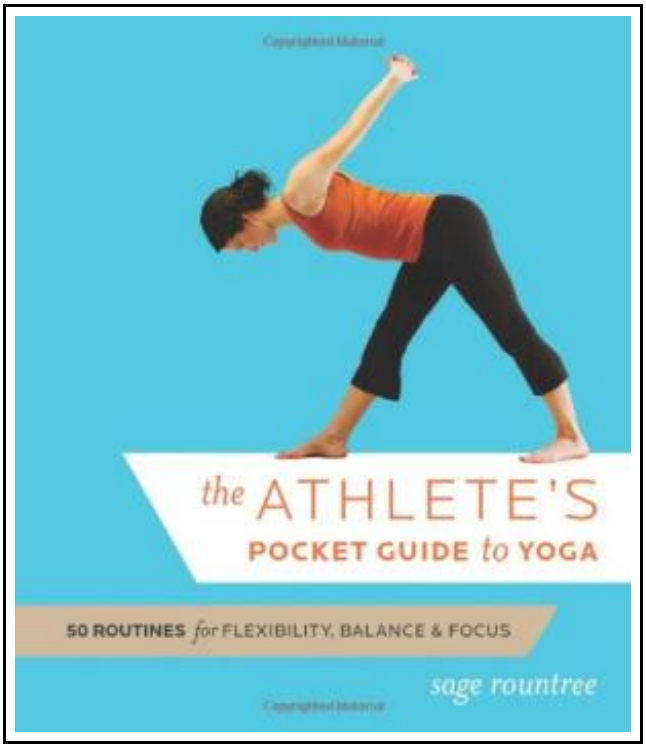
# The Athletes Pocket Guide to Yoga: 50 Routines for Flexibility, Balance Focus




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## *Reviews*

*Very beneficial to all of type of individuals. This can be for those who statte that there had not been a really worth reading. You will not really feel monotony at at any time of your respective time (that's what catalogs are for concerning should you ask me).*

***(Michale Shields)***

# THE ATHLETES POCKET GUIDE TO YOGA: 50 ROUTINES FOR FLEXIBILITY, BALANCE FOCUS

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VeloPress. Paperback. Book Condition: New. Paperback. 114 pages. Athletes have different needs than the typical yogi. They come to the practice with more tightness from hours spent training, little time for lengthy sessions, and at the height of the season they often abandon yoga classes altogether for demanding sport-specific training. In this accessible guide, yoga teacher Sage Rountree makes it easy for athletes to reap the benefits of the practice year-round. Designed to complement a rigorous training schedule, the book includes quick, five-minute warm-ups to prepare for daily workouts; strength sessions for the off-season and base periods; flexibility sessions as training grows more demanding, including 20-minute flexibility routines to follow workouts; and focus sessions incorporating breath exercises and meditation to improve restoration and sharpen mental toughness for competition. A spiral binding makes it easy to progress through each routine, and attractive color photographs fluidly detail every pose. Tips to simplify trickier poses or vary the routine from one session to the next are included. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.

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