



SPORTS YOGA IRELAND



NEW YOGA FOR GOLFERS™ CLASSES STARTING SOON!

Course 1: Tuesday, 8th Sept – 13th Oct 2015 (6 weeks)

Course 2: Tuesday, 20th Oct – 8th Dec 2015 (8 weeks)

8.30-9.30pm @ St. Mary's BNS, Grange Road (PE Hall)



SPORTS YOGA
-IRELAND-

*Classes are open to athletes across all sports
(elite/recreational) and non-athletes*

ABOUT

Anne Marie Kennedy (BA, MSC, MBPSS) is a qualified sport & exercise psychologist, founder and owner of Yoga for Golf Ireland® and Sports Yoga Ireland™. She is regarded as the country's leading expert in yoga for golfers and works with many of the country's elite amateur golfers and touring professionals. She has been the sports yoga coach to the **Dublin GAA Senior Football Team** since 2013 as well as many other football and rugby teams and individual athletes

Train like a champion....

Now is your chance to get the edge and experience firsthand the many benefits sports yoga has to offer both physically and mentally with a qualified sport psychologist and Ireland's leading expert in yoga for athletes. Some of the benefits include:

- ✓ Stability, mobility & flexibility
- ✓ Strength & power
- ✓ Balance & posture
- ✓ Injury prevention and rehabilitation
- ✓ Increased lung capacity
- ✓ Focus and concentration
- ✓ Mental toughness
- ✓ Relaxation

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*To Book contact
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