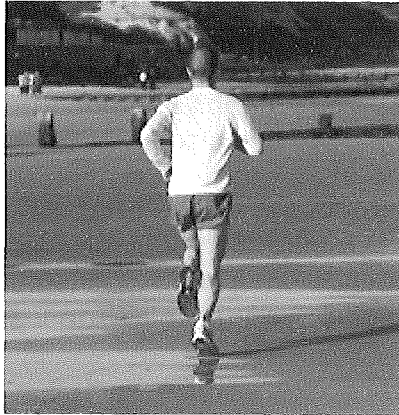


## TRINITY YOGA CENTRE

# YOGA FOR ATHLETES PROGRAM

Flexibility For Athletes Programs are fast becoming the premier way to train as an athlete. These training techniques have been receiving rave reviews from coaches, sports scientists as well as the athlete.



### **Our Philosophy:**

Most athletes are over trained by the time their big event arrives and are not at their best physically, emotionally or mentally. The "no pain, no gain" theory is old news. It doesn't have to hurt to excel. This training philosophy is outdated and stale but still too many of us follow these training regimes because it's all we know. And so, injuries and burnout continue to be the biggest obstacle for athletes.

Our bodies are a scientific miracle that are constantly evolving with the ability to perform at levels we haven't yet tapped into. And, the answer isn't heavier weights, harder workouts or longer training hours. We need to go deep inside the body to tap into those levels. The training philosophy is so easy you can use it no matter what your age or level of fitness. No matter when or at what level you begin, you will be surprised at your achievements.



### **The Program:**

Ed combines his programs with three major components in mind: proper breathing using ancient yogic techniques; stretching/yoga postures to help relax the muscles you use for your sport AND enhance the ones you don't; and meditation. We can tailor a Flexibility for Athletes program to suit your specific needs. When the desired sport is chosen, we can ascertain the aerobic and anaerobic

scientific breakdown of what your body effort will be and designs a cross training experience that matches what your body will be doing in your primary sport, i.e. rowing 67% aerobic, 33% anaerobic.

*The Breathing.* Yogic breathing has been used for 3000 years to unlock hidden energy in your body. The breathing I'm describing is referred to as Pranayama in ancient yoga traditions. It's a Sanskrit word which translates as "prana" meaning energy and "yama" meaning master or control. Together it's a process of controlling or mastering your energy. As an athlete, this is critical. So, in the end, no matter how strong you are, no matter how flexible you are, no matter how fast you are, without the ability to harness specific energy flows, you have yet to perform at your

bodies complete ability. Instead, you are over training and experiencing burnout which creates undue stress and injury to your body.

Here in the West, a similar form of breathing has been developed called Inspiratory Muscle Training (IMT). However, you primarily mouth breath through the tube of a very expensive machine. Since the cost of this machine is cost prohibitive to most people and we all don't live in regions of the country with higher altitude, we have designed programs that simulate high altitude training at ground level. So, the only machine you need is your own body!

We have numerous sequences to be used in just about any sport. Picking the proper techniques for you is the gift to allow you to reach your goals. These sequences will strengthen your cardiovascular and respiratory systems. As your diaphragm becomes stronger you access deeper levels of energy. Breathing exercises are also used to get out of your beta mind (the rational linear mind) to be in the alpha state (creative mind) brain pattern more often. Whenever you did well in your event, you most likely were in the "alpha state". As pressure builds in the body, the mind remains focused and relaxed and the brain patterns or thoughts seem to slow down. The relationship the athlete has with time and distance becomes blurry and the event unfolds the way you want it to.

*The Stretching/Postures.* Yoga asana (or postures) tailored toward your sport or sports will improve your core strength and flexibility as you learn to work with gravity, not against it. Learning to link breath with movement allows the athlete to achieve deeper degrees of flexibility and range of motion. The awareness of the hip and shoulder girdles along with spinal rotations both internal and external will allow more breath to enter and more toxins to leave the body leaving you refreshed after a workout, not wiped out.

*The Meditation.* Meditation/relaxation/concentration is a lost art form for today's athlete. Every animal on the planet meditates daily except for the human. The mind needs to use the whole body, it can't feel or see the whole body because we are moving faster than ever in our culture. To be at your best, we must get your mind on board. This will be easier than you think, your mind's organic nature is to be relaxed and calm. This takes a short period of time for your mind to adjust, but your body will reap the rewards and you will excel beyond your wildest dreams!

These techniques are an invaluable training tool for every athlete. We are finding that athletes who stick to this program are experiencing significant changes in their athletic performance both in their workouts and their competitions. They are extremely confident as they go into the racing season or big event day. Their mind becomes far less sidetracked by small distractions. They're reporting natural "flow states", again and again by utilizing the techniques mentioned herein.