



Why Yoga?

- Yoga improves overall fitness including strength, flexibility, balance, core strength, and cardiovascular ability.
- Yoga makes you conscious of the mind-body connection. The ability to focus your mind is a skill that athletes must master to be at the top of their games.
- Yoga helps to prevent injury by strengthening the small muscle groups all over the body.

The Yoga Connection

About Us

The Yoga Connection is a small Yoga studio owned and operated by Sally Goodman June. Sally is a registered Yoga Instructor with the Yoga Alliance and is passionate about the benefits of Yoga for people of all ages. The Yoga Connection offers small group classes, private, and semi-private classes.

Contact Us

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THE YOGA CONNECTION

Yoga in Golf



THE YOGA CONNECTION
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How could Yoga help my golf game?

Many golfers do not stretch or warm up their bodies properly before playing a round of golf. Learning how to properly do some simple stretches before a round of golf could improve your flexibility and get your body properly warmed up before playing your round and will help prevent injury.

Flexibility & Strength

Yoga will give you more flexibility so your body can have more rotation giving you more torque when you tee off, resulting in a longer drive.

Yoga is a full-body workout that strengthens the small muscle groups that often get injured during repetitive activities, such as golf.

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Mental Focus

Yoga teaches you how to be better connected with your mind, breathing, and physical body giving you a mental edge over your competitors



Yoga gives you tools to use when your game is at its best... and worst.

Yoga designed for your game

Classes will be designed on an individual basis depending on the player's desired outcome. Chair, wall, or floor mat classes, or a combination of the three styles are available depending on the player's comfort and skill level.

The Yoga Connection offers specific Yoga classes for golfers that target specific muscle groups that will benefit your golf game including the thighs, hips, buttocks, and back.