

YOGA for ROWERS

FOCUS, BALANCE, FLEXIBILITY, POWER, STRENGTH

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BENEFITING **LIVESTRONG**

The 1st book of it's kind!

Discover a cutting edge new way to train. YOGA FOR ROWERS is the secret of champion rowers!

PROVEN TO WORK! This book is written by rowers, for rowers. With quotes and insights from an Olympic coach, National Team members, an Oxford Cambridge Boat Race champion, World gold medalists, National gold medalists, Henley gold medalists, winning coaches and coxswains.

YOGA FOR ROWERS: TAKING IT FROM THE MAT TO THE WATER IS FOR EVERYONE WHO WANTS TO BE A BETTER ROWER. From the high school level up to Masters athletes, everyone will find this book indispensable. It will be your team's secret for high performance rowing. Mobility, endurance, strength - you truly can have it all! Quite simply, this is THE most comprehensive book that explains in laymans terms, and with outstanding full color photos, precisely how yoga will make you more competitive on the water.

FORGET WHAT YOU THINK YOGA IS! It's not just breathing and twisting your body up into a pretzel to the sounds of birds chirping in a rainforest. **This book shows you targeted poses specifically for rowers.** Poses that every level of flexibility and age can safely do at home and which isolate the 4 major sections of the stroke. Take your Catch, Drive, Finish and Recovery to a whole new level! With a minimum of 15 minutes a day, you WILL definitely notice a measurable difference on the erg, in the boat and most importantly at your next regatta.

Have an **INJURY FREE** season! Find focus, balance, flexibility and strength on the mat, then translate that into unsurpassed speed and power on the water.

Yes, you CAN ohm your way to your next gold medal!

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