

Yoga for Curling Recovery Sessions Info 2021



*****This is the exact form you will receive,*

but with the addition of the 2 follow-along videos.

Take a peek to see if Yoga for Curling is what you are looking for.

The Yoga for Recovery Series was provided as a resource within The Ultimate In-Season Webinar Series

(available for purchase in addition)

[PURCHASE HERE](#)

What are some of the potential benefits of the Yoga for Curling Recovery Sessions?

- Improve mobility and flexibility from a place of strength
- Increase health and resiliency of tendons and ligaments
- Enhance body awareness
- Connect breath, core and movement. Practice this concept off the ice to incorporate on to the ice
- Learn to better manage nervous system to prepare mind and body for recovery from activity
- Find a place of calm confidence for increase focus and decreased stress

Yoga for Curling Recovery Session link here

- A longer session perfect for active recovery days
- Increase blood flow and movement through tissues in body
- Improve balance of mobility and stability between various joints used in curling
- Calm mind and prepare for next bout of activity

Yoga for Curling Recovery Mini link here

- A shorter session that is perfect for between games or before bed
- Down regulate the nervous system to allow the systems to relax
- Maintain balance in body, ensure proper movement during competition
- Help prepare mind and body for next bout of activity

Looking for more of a curling specific yoga workout? Check out the Joga for Curling Series [here](#)

Email steph@empoweredperformance.ca for pricing and info