



1. Yoga is a practice in mental focus and awareness.

Every athlete from a runner to fighter to team sport player will benefit from an increased ability to focus. We continually change up the patterns of movement requiring a deeper focus. This helps athletes develop mental acuity and to be more “in the zone” during pinnacle moments.

2. Our practice is sport specific.

We understand sports and the physical demands on your athletes. The nature of every sport involves repetitive actions. We can formulate a program that compliments your team’s training and game/meet schedules to maximize the benefit from the yoga instruction.

3. Yoga is great for injury prevention and recovery.

The best offense is a good defense. Regular yoga practice can help prevent injuries and facilitate rehabilitation of existing trauma. We teach in a way that provides the athlete with education and experience in understanding tissue and bone interaction as well as range of motion in poses.

4. Yoga provides athletes with core strength, balance and stability.

Yoga works the entire core of the body. Your core begins at your feet, your foundation. Without a solid base, other muscle groups are forced to compensate and the body can easily become dysfunctional and unstable. All sessions include yoga poses requiring strength and balance.

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Workshops

