

# KATHERINE ROBERTS' KINETIC YOGA FOR SPORTS

PURPOSEFUL. POWERFUL. EXPLOSIVE.

PREPARE YOURSELF ...



# KINETIC YOGA FOR SPORTS 1-DAY INTENSIVE

INTEGRATION • STABILITY • STRENGTH • MINDSET

**TRAIN IN-PERSON with KATHERINE!**

## KATHERINE ROBERTS

- ✓ Certified Yoga Instructor, 20+ years
- ✓ TPI, PRI, and FMS-certified
- ✓ Founder & President, *Yoga For Golfers*, 16 years  
- Certified YFG Instructors in 14 countries
- ✓ Major League Baseball Yoga Performance Coach, 12 seasons including Oakland A's, Dodgers, Padres, Cubs, Rangers, Brewers
- ✓ Gray Institute Fellow, Applied Functional Science and Chain-Reaction Biomechanics
- ✓ Nike Swoosh Elite Athlete

## KINETIC YOGA FOR SPORTS

PURPOSEFUL. POWERFUL. EXPLOSIVE.

Blending yoga, science, and proprietary sports-specific conditioning strategies into one powerful methodology.

- ✓ Harnesses and integrates power of the body with power of the mind for enhanced athletic performance.
- ✓ Designed specifically for the unique bio-mechanical needs of the athlete.
- ✓ Addresses modifications and adaptations for common sports injuries.
- ✓ Presents strategies for pre-season, in-season, post-season and regen training.

**OCTOBER 17, 2015**

**9:00 am - 4:00 pm**

**\$195**

**Register at**  
**[www.YogaForGolfers.com/KineticYoga](http://www.YogaForGolfers.com/KineticYoga)**

### 1-DAY INTENSIVE:

- ✓ Focused attention to **joint and muscle integration**, structural alignment strategies, and purposeful sequencing for maximum athletic performance.
- ✓ **Tri-plane motion** yoga sequencing helps athletes maximize results in both linear and rotational sports.
- ✓ Learn **properties affecting movement** such as gravity, ground reaction forces, mass and momentum.
- ✓ Learn the **practical use of pranayama** (breath work) and **bandhas** (energy locks) for peak performance.
- ✓ Establish new learning and knowledge as a **key point of differentiation** in athletic performance and in the yoga/sports marketing world.

*Open to athletes, athletic  
trainers, PTs, and  
yoga practitioners and  
teachers.*

**HELD AT:**  
**Drive 495**  
**495 Broadway, #2**  
**New York, NY 10012**