

# DODIE'S YOGIC GOLFER



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ISSUE 12

Tips on improving flexibility and strength for yoga and golf.

## Words of wisdom:

*"Zen masters always say you cannot see your reflection in running water, only still water"*

*- 'Eat, Pray, Love' by Elizabeth Gilbert*

## FREE THE HIPS AND TORSO FOR A BETTER LOWER BODY MOVE

Tight inner hips (adductors) and torso will make it challenging to rotate the lower body and the pelvis correctly during the golf swing. Use triangle pose to free the inner hip and torso.

Start in warrior stance. The front foot pointing straight forward, and the back foot perpendicular to it. Make sure the heel of the front foot lines up directly with the back foot's arch. If you can, straighten both legs. Reach the front arm out over the front foot as far as it will go, and then lower the arm down the leg. Only stretch as far as you are comfortable with. If you knee is sensi-

tive, lightly bend it. You should feel an intense stretch in your front leg's inner hip (adductor) and the rib cage on the opposite side of the body.

With Triangle Pose, you will have a better weight shift and lower body move since the hips will become more stable and flexible. Added power will be the first thing you notice. As an added bonus, the side of the torso (obliques) and ribs will start to loosen up allowing you to stay in your golf posture longer during the swing. This will help you hit the ball more solid. Ya-hoo!



*Triangle (Trikonasana) opens the inner hip, stretches the side of the torso, strengthens the ankles and improves balance. All this in a single yoga posture!*

## TIRED OF HAVING THE SAME LESSON OVER AND OVER AGAIN?

Ever wonder why you keep working on the same swing problem over and over in your lessons? You know what you are doing "wrong" but you just can't seem to make the correction?

Chances are, your body is physically not prepared for the swing change. You may not be able to move or contract the proper muscles and joints in order to do what your swing coach has suggested.

Often times, golfers will have tight hips, hamstrings and backs while their stomachs (abdominals), and upper backs are weak. This causes so many swing problems right from the start! (One of the many reasons why yoga is so beneficial for golf is that yoga poses stretch and strengthen all of those areas!)

If your swing coach is constantly suggesting that you need to improve your golf set-up and posture (all good teachers agree

that the set-up is incredibly important for an efficient swing. . . Which translates as power!) you might want to take a look at your workout.

For example, if you have "rounded shoulders" in your set-up (you look 'hunched over' at set-up), chances are that the chest muscles are too tight and/or the upper back muscles are weak. This is a huge power leak for the golf swing! Only the power of the arms will be used in the swing, rather than the power of the entire body during the golf swing. Something so simple as a straight spine at set-up could give you 20 more yards off the tee!

Check your workout and see if you are developing the proper golf muscles. Chances are that your physical body has just as much room for improvement as your golf swing. Gotta' love this stinkin' game! . . . It won't let you hide from anything!

## Other postures open the hips:

-Standing Pyramid (Prasarita Padottanasana)

-Crescent Warrior (A) (Virabhadrasana A)

-Side Warrior (Virabhadrasana B)

-Butterfly/Bound Angle Pose (Badha Konasana)

-Half Moon (Arda Chandrasana)

-Revolved Half Moon (Parivrtta Arda Chandrasana)



## Dodie's Yogic Golfer

**TIPS ON IMPROVING FLEXIBILITY AND STRENGTH FOR YOGA AND GOLF.**

If you know of anyone who may enjoy receiving this newsletter, have them contact me:

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### Why Meditate (for Golf)?

“Don’t hit it in the water”, “keep you’re head down”, “don’t miss this putt, you’ll look like a fool”. Who the heck is saying this?

It’s that sabotaging voice in your head. Everyone has one. (Those who say they don’t, have let the voice take over!)

“Formal” meditation gives us clarity and insight into “the voice”. Our thoughts, if left un-watched, will behave like an undisciplined 2 year old (especially on the golf course!). In eastern philosophy they call it “monkey mind”. . .the mind jumping from tree to tree, never sitting still. In meditation, we start to see the patterns that form with our thoughts. Sometimes it’s constant worrying, while other times is lack of focus. The list is endless. But having the AWARENESS of the ‘voice’ gives us the power to transform our thoughts.

A little practice, and a lot of patience, and you’ll start to notice “the voice” slowing down. Find the space between the thoughts, and you’ll play your best golf. . .

. . .more to come. . .

## UPDATES & UPCOMING EVENTS



### Yoga and Meditation

#### Retreat

With Dodie Mazzuca

**Friday, Feb. 20**

**10:30 am – 1:00 pm**

**(Register before 2/20 and save \$10!)**

#### Upcoming Retreats:

March 20

*(A great gift idea for yourself and a friend!)*



**I’m completing my TPI (Titleist Performance Institute) Certification early this month. (Wish I would have done this stuff while I was on tour!) In addition to my yoga experience, I now have the science and technology to make a golf fitness program for your individual golf needs!**

**Improve your game while you workout!**

Contact me for more information:

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*Standing Pyramid is another posture that stretches the inner hip area. This is a great stretch to improve the weight shift from the backswing into the down-swing. Try it for more power!*



### Golf Quick Tip:

Do you want lower scores? Do you really want lower scores? . . .Practice your short game! Then, go practice your short game! After that, go practice your short game some more! Later, hit a few more short game shots. Finally, put the driver away and go work on your putting! Surprise! Surprise! . . .

. . .You’ll shoot lower scores!