

DODIE'S COMPLETE GOLFER

MARCH 2010



ISSUE 24

Focus your mind. . .Prepare your body. . .Play your best golf!

Words of wisdom:

"The mark of a great golfer is the ability to come back. The great champions have all come back from defeat." -Sam Snead

STRIKE A TREE POSE FOR BETTER BALANCE AND WEIGHT SHIFT

Although looking very simple, Tree pose (Vrksasana) can challenge your balance and joint stability. Tree pose also improves weight shift in the golf swing and prevents injuries.

Begin in standing. Shift all of the weight to the left leg. Open the right hip and bring the foot up the inner left leg. Open the right knee to the right while keeping the hips aligned straight ahead. Engage the core and find a still point to focus the eyes (driste). Take 5-10 deep breaths and repeat on the other side.

The more you practice tree pose,

the steadier your balance will become. To challenge yourself, try closing your eyes in the posture.

Better balance and joint stability will translate into improved weight shift in the golf swing. Instinctively, your body will respond to any uneven lies. Your ankles, knees and hips will be stronger. They will stabilize better during rotation and reduce golf related injuries.

Try Tree Pose during your pre-round warm-up to balance your body and mind. It will keep you in the middle of the fairways and out of the trees!



Tree Pose (Vrksasana) improves balance and strengthens the joint muscles.

Other postures for better for balance :

-Half Bow Pose/Lord of the Dance (Nataranasana)

-Warrior C/Stick Pose (Virabhadrasana C)

-Eagle (Garunjasana) Shown below



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THE HAPPINESS PROJECT

Just how 'happy' are you on the golf course? Most of us spend hours at this sport, and much of that time is wasted on frustration. If we become very clear about what we enjoy about golf, our level of 'happiness' will increase, and our performance will improve.

Ask yourself a few honest questions about your golf experience:

-What do you love about golf? (make a list)

-When you are performing your best, what is it like? How are you being on the course? What is your tempo like?

-When you are not performing your best, what happens? Are you able to maintain a 'neutral' emotional level?

-Can you only enjoy golf when you are performing well? For what reasons?

After doing some 'self-discovery', get creative with ways that you can nurture your passion and enjoyment of the game. Practice this! Create mental drills and challenges for yourself during each round. Record an "emotional golf score" just like you would keep score. Compare your score with how 'happy' you were on the course. Is there any correlation? Any pattern?

Continually reminding yourself of your golf goals and why you play the game. Focus on the aspects of the game that bring you joy. Be aware if you are playing the way everyone else wants you to, or if you're cultivating your own enjoyment of the game.

Once you discover your passion, your performance will improve, your scores will drop and your happiness levels will be off the chart. Enjoy!

Dodie's Complete Golfer

Dodie Mazzuca

- LPGA Tour 2001,2002
- Golf Digest Schools Instructor 2003-2005
- Professional Yoga Instructor
- Certified Titleist Performance Institute Golf Fitness Instructor
- Sports Nutrition Certified



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Take your yoga practice outside for better golf performance.

Now that the weather is perfect, why not take your yoga practice outside? When we play golf, we are outside in nature. Elements such as wind, temperature, undulations of the ground, dampness, etc all effect each golf shot.

When we practice yoga outside, we become much more aware of the natural elements. Their subtleties and details. During yoga, our minds are clear, open and less distracted by golf performance. Practice this mindset in yoga and it will instinctively carry over onto the golf course.

Find the space between the thoughts, and you'll play your best golf. . .



UPDATES & UPCOMING EVENTS

Spring your game to the next level!

Get your golf game and fitness level kicked up a notch this spring with a new golf fitness workout and a fresh new outlook on golf!

I can make it happen!

Contact me at dodiemazzuca@desertinet.com

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Sports Nutrition Tip of the Month:



Still trying to cut back on calories? Dip raw or steamed vegetables in your favorite mustard.

Most mustards barely have any calories (0-5 calories a tablespoon) and are packed full of flavor. Try different brands and types of mustard such as Dijon for variety. Keeping the flavors interesting makes eating healthy vegetables simple (and almost enjoyable!) Eating veggies never tasted so good!



Ultimate Golf Package:

- TPI Golf Fitness Evaluation
- Personal Workout Website
- 18 session take-home workout specifically for your golf game.
- Personalized Golf Stretches
- Basic Golf Swing Analysis

\$250

Golf Lesson:

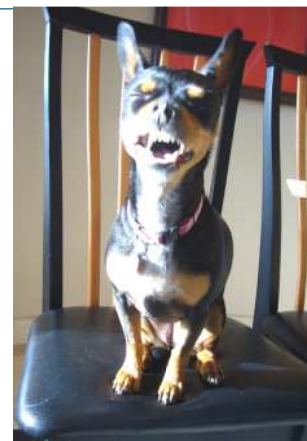
1 hour : \$125

3 Sessions for \$350

Golf Fitness Training/Private Yoga Sessions

1 hour : \$100

Series of 6 : \$550



*"That's funny!
Silly Lilly Pup"*

Golf Quick Tip:



Keep an eye on your alignment to improve accuracy.

Start by determining your "dominant eye" for better alignment. Make a circle with your thumb and index finger. Hold it up at eye level. Find a small object (golf ball, tee, etc) and keep both eyes open while "seeing" the object in the circle created by your thumb and forefinger.

Next, close your left eye. If the object remains in the circle, you are right eye dominant. Try closing the right eye. The object should "jump" out of the circle confirming that you are right eye dominant. (The opposite will happen if you are left eye dominant. . . The object will "jump" out when you close your left eye.)

Knowing your dominant eye will help you learn your alignment "tendencies". Most people who are right eye dominant align too far to the right of the target (closed). Check your alignment often. It will save you hours of frustration on the golf course.