

DODIE'S YOGIC GOLFER

SUMMER 2008

ISSUE 10

Tips on improving flexibility and strength for yoga and golf.

Words of wisdom:

- *“Keep your head down and hit the crap out of it.”*

-Standing Warrior (a.k.a. Al Regal of Estancia)

MODIFIED PLANK

Modified plank is a very challenging yoga posture. It increases strength in the center of the body and helps prevent back injuries.

Begin in cat, and then drop to the fore-arms. Tuck the toes and walk to feet backwards until the body is parallel to the ground. If you need to make the posture less intense, you can put the knees on the ground or raise the hips. (Be mindful of the shoulders in this posture.) If you have wrist injuries, this is a fantastic replacement posture for the traditional plank (which can often injure an unstable wrist joint)

SABATOGING SELF TALK

Unless you are from another planet, you have a voice in your head. It's the voice that loves to sabotage everything we do? "Don't hit it in the water, there's OB on the right, don't lift up, you aren't good enough, why can't you make a putt, you better break 100 or you'll look bad," The voice goes on and on.

There's no avoiding it. Even the best players in the world have moments when their inner chatter takes over. It's not that their self talk is gone, it's that they can deal with it better.

For me, it looks a little something like this: "I've just made a string of bogeys and I'm about to have a major melt down right here on the 13th green. What the 'bleep'?"

That's when I need to step in and shout, "Hey! Who's running the show here!" (Now I'm having a conversation with

The golf applications for plank are tremendous. Increasing distance and your club head speed is a given. The stronger your core (abdominal and back area) are, the faster you can rotate in the proper golf posture. This makes your golf swing more efficient and much more powerful.

Also, the stronger your core is, the less likely you are to injure your back. Strong abdominal and back muscles will stabilize your joints so that they are less likely to slip out of alignment. Strength is a major factor in preventing back injuries. Modified plank will do this.

the voice. . .great!)

So what's a girl to do? Yoga to the rescue! Yoga was originally created to prepare the body for meditation (yes, become "one with your voice"). Often times we lose sight of this. Our yoga practice turns into contorting our bodies rather than practicing our concentration.

The next time you notice your mind jumping from one thought to the next, focus on your breathing. See what the voice has to say about that. When it wanders off again, bring the focus back to the breath. Again and again.

Try this exercise on the golf course. Use your breath as a way to interrupt the voice and negative thought patterns.

A very simple technique from yoga that can have a tremendous impact on your golf game.



Modified Plank will increase strength in the core. More power can be created in the golf swing, and less injury will occur in the back.

Other postures to increase strength in the core:

-Boat Pose
(Navasana)

-Downward Facing Dog
Adho Mukha Svanasana

-Upward Facing Dog
Urdvha Mukha Svana-
sana

-Plank
Utthita Dandasana

-Side Plank
Vasisthasana

-Locust
Salambhasana



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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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Lilly Pup will be spending some quality time at the beach in Santa Cruz, CA this summer. She'll be visiting "Cousin Scooter" (a 5 lb. Papillion) and working on her tan!

UPDATES

Last month Jim and I ran our first 10K! It was called the Wharf to Wharf in Santa Cruz, CA. Over 15,000 runners and walkers participated. We started training in March, and actually survived the experience. . . Whew! We are planning on running/walking next year and we want to get a group together. Let us know if you are interested! (A lot of people walk the race and enjoy the bands and entertainment along the way. . . It's a blast!)



Boat Pose (Navasana) is another posture that increases strength in the core (abdominal and back area).

A.N.Z.A.C.C. (Australia, New Zealand, America Chamber of Commerce) has started a "golf social" group in the valley. Every month they get together and play a new course. All levels are welcome! (You just have to be able to put up with a few crazy Aussies!)

Contact Jim: jimgregory@sonorangmac.com

University of Washington's
Women's Golf Team Fundraiser.

September 23

A fantastic event and a great excuse to get out of the heat! Play Washington National in the Seattle area. Contact Mary Lou Mulflur:
mlmulf@u.washington.edu



Golf Quick Tip:

Right before you take the club back, look at your target. Positive visuals such as the pin, or an intended line will keep the mind quiet and focused.



Thank you to everyone who participated in

"Free Your Inner Athlete Day!"

Keep sending me your inspirational quotes and 'words of wisdom'. Let's make everyday "Inner Athlete Day"!