

# 'Yoga for Athletes' Intensive Workshop

## Welcome to 'Yoga for Athletes'

This is not a special form of Yoga 'created' for Athletes. This 'Intensive Workshop' is about using Yoga exercises and philosophy in a way that they are beneficial to everyone that wants to enhance their physical abilities. Yoga has a lot to offer whether you train for marathons, bike races, are a gymnast or even when you're recovering from an injury. In this workshop you will explore and experience how Yoga can help you find and keep your balance, both physically and spiritually.

This workshop is spread over three days, the first day being an afternoon session, followed by two full days of practice.

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## Day one - Finding flexibility

### - Breath work

Conscious Breathing is an integral part of any form of Yoga practice and on this first day of our 'Intensive' we will take a closer look and practice different breathing techniques that you can benefit from during intense physical training or help you find an even deeper relaxation.

### - Yin Yoga

In this form of Yoga we will dive deep into our muscles and connective tissue. By releasing tension we will look for a deep stretch or compression as close to the bone as we can get. This practice is as much about physical flexibility as mental flexibility, helping you find a place of stillness inside yourself during great intensity.

### - Active Stretching

Tight muscles are more prone to injury. On this first day we will actively stretch the muscles in our bodies, creating a bigger range of motion. Stretching also elongates the muscle fibers, which helps the muscles to relax. Relaxed and long muscles will be able to generate greater force once you start to contract them.

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## Day two - Building whole-body strength

### - Sun Salutations

We start with warming up the body, moving through poses guided by our own breath. These Sun Salutations will *strengthen your body as a unit*, as opposed to the use of selected muscle groups in most Athletic sports.

- **Standing Yoga poses**

With a deep understanding of alignment we will explore poses that not only create strength, but also train the muscles and tendons to stabilise the joints. Helping you to *avoid both acute and repetitive-stress injuries*.

- **Balance**

We will look at postures that help strengthen the legs, arms & core muscles but also create an awareness of where your body is in space. Balance also means moving your body in every direction available helping you to avoid or undo any muscular imbalances.

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## **Day three - Recovery & Learning how to integrate a Yoga practice into your training cycle**

- **Restorative Yoga**

We will learn how to relax the entire body on a much deeper level than you are maybe already used to. In this practice there is a strong body and mind connection. Being able to consciously relax and let go of any (muscle) tension will restore and replenish your whole system from the inside out.

- **Meditation**

After having restored and replenished our bodies we come to a final Meditation Practice to help us build an intense focus and drive at which we can always come back to whenever we may need it.

- **Integrating Yoga in your life & training schedule**

At the end of this three day 'Intensive' you have hopefully gotten plentiful tools to help you understand what Yoga can do for you. During this last session we will take a look at how you can adjust and modify your Yoga practice so it can be most beneficial and complimentary to your training schedule and/or body requirements.

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