

Katherine Roberts' Yoga For Golfers®
LIVE Instructor Certification: LEVEL 1
Scottsdale, Arizona
November 8-11, 2018



Thursday, 9:00 am – 6:00 pm

- Introductions

- The Foundation of Yoga for Golfers® (YFG)
 - Understanding the Eight Limbs of yoga and the golf applications
 - “Traditional” yoga and Yoga for Golfers®
 - Trends in the golf industry
 - Why condition for golf?

- Golf Anatomy and Biomechanics – PART 1
 - Introduction of golf as sport, basic biomechanics, terminology, evolution of the golf swing and the relationship to injury and performance
 - Understanding 3 planes of motion and the golf application
 - Experience video swing analysis of varying populations as taught by our PGA Golf Professional

- Lunch Break

- Understanding the Golf Swing – PART 1
 - Golf posture, spinal forces, key muscle function, forces between upper and lower body, support and manipulation of the golf club, phases of the golf swing
 - Continued video analysis of typical golfers
 - Discussion of common swing flaws including physical and mental challenges as contributing factors

- Yoga for Golfers® PAR Level Master class

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Friday, 9:00 am – 6:00 pm

- On the Golf Course / Apply Lessons Learned. (We provide golf clubs. Golf apparel is required.)
 - Practice hitting golf balls on the driving range to experience a greater understanding of the impact of the golf swing and the effects on the body
 - Learn YFG stretches used on the course or with large groups, and use of golf props such as clubs, towels and golf carts

- Lunch Break

- Understanding the Golf Swing – PART 2
 - Golf posture, spinal forces, key muscle function, forces between upper and lower body, support and manipulation of the golf club, phases of the golf swing
 - Continued video analysis of typical golfers
 - Discussion of common swing flaws including physical and mental challenges as contributing factors

- Yoga for Golfers® PAR Level Master Class:
 - Discussion of varying populations, proper alignment, modifications and adjustments
 - Breathing awareness, physiology of breathing as it relates to golf performance and incorporating breathing into pre-shot routines
 - Requirements for YFG classes regardless of levels
 - Assessing your student's limitations
 - Q& A

- Practice Teaching Time
 - Teach the dynamic warm-up sequence, cultivate your YFG language, modifications, clear, concise cuing, adjustments and alignment for various populations

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Saturday, 9:00 am – 6:00 pm

- The Mental Game and the Mind of a Golfer - Specific Tools to Cultivate Breathing and Mental Acuity of your Golfers.
 - The power of the subconscious mind
 - How to bring your students into a place of “peak” awareness
 - The power of the inner dialogue – the typical golfer
 - Importance of visualization
 - Quieting the mind – becoming present

- Practice Teaching

- Lunch Break

- Possible Yoga for Golfers® Master Class: Levels

- Working with Injuries
 - The “average” golfer – knowing and understanding your population
 - Common swing flaws and the applicable yoga poses
 - Indicated and contraindicated yoga poses for common injuries
 - Assessments and sequencing
 - Evaluating injuries and teaching proper alignment

- Posture and the Six Positions of the Golf Swing with Applicable Yoga Poses

- Proper Alignment and Practicing Adjustments

- Interactive Team-Teaching
 - You will receive an assignment to sequence and teach a class to the group
 - Each group will have a specific demographic, swing flaw, injury and desired performance such as more distance, etc.

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Sunday, 9:00 am – 6:00 pm

- Yoga for Golfers® Class Taught by Your Individuals or “Team”
 - Lead the class as specified by your homework assignment
 - Everyone teaches – no exceptions
 - Remember to teach the direct golf correlation to the pose
 - Each class time limited to 30 minutes – including corpse pose
 - Feedback for 15 minutes

- Marketing Yoga for Golfers® Class
 - Positioning your services as a leader in the field of golf performance
 - Understanding and developing relationships with local PGA teaching professionals
 - Developing revenue streams
 - YFG website, products and brochures - How to use these tools to enhance your business opportunities
 - Suggested fees for classes
 - Opportunities – golf retailers, fitness facilities, golf facilities, golf communities, and more
 - Register to participate as a listed Certified YFG Instructor on www.yogaforgolfers.com

- Advanced YFG Instructor Training programs

- Closing circle and departure