Katherine Roberts' Yoga For Golfers®
LIVE Instructor Certification: LEVEL 2
Scottsdale, Arizona
April 25-28, 2019

Thursday, 9:00 am – 6:00 pm

- Introductions
- Review Level 1 common swing flaws and yoga-based solutions
- YFG Master Class / sequencing, Birdie Level
- Incorporation of 3D yoga poses
- Understanding the reasons why – Level 2 advanced anatomy
- PNF stretching applied with yoga
- Advanced cueing for basic YFG poses

Friday, 9:00 am – 6:00 pm

- 3D motion movement as applied through yoga poses and YFG methodology of sequencing
- Understanding the importance of gravity, ground reaction forces and momentum
- Advanced golf biomechanics
- Understanding the transformational zones in the golf swing
- YFG Master Class with Level 2 practices
- Continued one-on-one teaching to cultivate, refine and deepen individual YFG instruction techniques

Saturday, 9:00 am – 6:00 pm

- Level 2 advanced yoga therapeutics applied for golf injuries
- Advanced marketing / business development
- Strategically plan your business
- YFG global brand expansion defined
- Sequence classes for specific populations

Sunday, 9:00 am – 6:00 pm

- Hands-on teaching-specific sequenced YFG Level 2 class with your team
- Recap Q & A
- Closing circle
- Depart for airport