

Thanks for your interest in joining the Katherine Roberts' Yoga For Golfers® family. The Yoga For Golfers Instructor program was developed in 2000 to satisfy the demand for Yoga for Golfers instruction and techniques at the local level. We now have YFG teachers in 19 countries!

Certified Yoga For Golfers instructors trained by Katherine Roberts offer a range of services and instruction and all follow the fundamental teachings and concepts presented in her books and video products. During an intensive three and half days of instruction each professional receives a comprehensive training on various aspects of yoga, golf and sports psychology.

Click here to read what graduates of the Yoga For Golfers Training Program have to say about the experience!

This year we are thrilled to announce our Level II Master Yoga For Golfers Instructor certification. The Level II certification is only available in Scottsdale and takes place right after the Level I certification. Whether you're completely new to Yoga For Golfers or you are already a certified YFG instructor looking to take it to the next level, we have the training for you!

Please check the Yoga For Golfers website for training dates! <http://www.yogaforgolfers.com/teacher-training/>

Yoga for Golfers Teacher Training Objectives, Level I:

- Learn the correlations of the eight limbs of “traditional” yoga as the foundation for the YFG methodologies
- The use of breath work, as it relates to golf, to quiet the mind and relieve tension in the body
- Learn golf bio-mechanics, anatomy of the golf swing muscles, why condition for golf and the appropriate related yoga poses
- Learn common swing flaws, the physical correlation to the swing flaws and the specific yoga poses which may alleviate those flaws
- Learn the indicated and contraindicated yoga poses for common golf injuries.
- Learn the importance and appropriate modifications of yoga poses targeting the unique needs of a golfer
- Experience insight into the mind of the golfer and how to guide them to peak performance
- Teach yogic concepts such as finding more joy in the game, acceptance, “one-pointed concentration” and more

Marketing and business development with Yoga for Golfers

- 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 Brochures / YFG websites and products, how to use these tools to enhance your business opportunities.
- Suggested fees for classes
- Register to participate as a listed Certified YFG Instructor at yogaforgolfers.com

Yoga for Golfers Teacher Training Objectives, Level II:

- Learn the sequencing and methodology in the Level II or Birdie Level YFG course
- Learn to evaluate the golfers movement from the visual eye and video format

- Work one-on-one with PGA /LPGA professionals as we evaluate real golfers on the practice tee
- Based on you and your golf professionals evaluation you will create a YFG program for this specific golfers needs and goals.
- Expand your knowledge of common golf injuries and experience yoga therapy applications for common golf injuries
- Get creative in your teaching! Once you know the “why” we create a space for you to teach outside of your comfort zone. Use the wall, props, balls, bands, etc...
- Experience advanced sports psychology enabling you to connect on a deeper level to the mind of a golfer
- Practice hands on adjusting with golfers and other teachers, building confidence and a unique niche.
- Expand your YFG business with more coaching than ever before!

Scottsdale Level I Participants receive:

YFG Teacher Training Manual including over 100 pages of specific golf and yoga information
YFG Par/Birdie Level Sequence

Testing/Certification: Participants will receive the YFG certification written test after completion of the training. Full participation in the training and successful completion of the test will give you Katherine Roberts’ Yoga For Golfers certification.

Online Participants receive:

YFG Teacher Training Manual including over 100 pages of specific golf and yoga information delivered digitally
YouTube videos of the Par Level Class Sequencing (requires you have a youtube account)
You are given access to all of the digital information after you are registered for classes.

Online Homework/Testing/Certification: Participants will receive the YFG certification written test after completion of the training. Full participation in the training, completion of homework, successful completion of the test and sending in your teaching videos that demonstrate knowledge and integration of the YFG method will give you Katherine Roberts’ Yoga For Golfers certification.

All participants are expected to arrive on time and ready to give 100% attention to the training and attendance is required at all sessions.