

Sangha Yoga 12 South Etna Place, Montauk, N.Y. 631-238-5450

Yoga for Golfers™ Clinic

Pamela Warshay, *Founder of Sage Fitness® of NYC*

Sunday, August 10th

Core Strength and Balance: Reducing Sway. 2:30 p.m. - 3:45 p.m.

Hip and Shoulder Turn: Increasing your X-Factor. 4:00 p.m. - 5:15 p.m.

\$75 per clinic, \$125 for both clinics. (10% discount for registering before August 1st)

“My students have improved their game with this...unique and effective program.”

Hank Haney on K. Roberts' Yoga for Golf program

Yoga for Golfers program incorporates a series of exercises that slowly, gently and effectively move your body toward greater strength and flexibility. Instruction focuses on proper body alignment, brings awareness to your breathing and enhances winning visualization.

Featured on the Golf Channel, in Golf Magazine, Golf for Women magazine, golfonline.com and numerous other publications, Yoga for Golfers benefits golfers of all ages, handicaps and fitness levels.

Get in Golf Shape and Stay in Golf Shape.

STUDENTS WILL EXPERIENCE:

- **Improved Swing Rotation**
Resulting in an increase in distance.
- **Stretching and Strengthening of Golf Specific Muscles,**
Resulting in an enhancement of your overall performance
- **Highly Developed Breathing Awareness**
Allowing you to relax and refocus your mind
- **Improved Sense of Balance**
Resulting in a solid foundation in your stance
- **Reduce Chance of Injury and Increased Recovery Time**
Allowing you to become a healthier golfer

Pamela Warshay, principal and senior instructor of Sage Fitness, has 14+ years experience in alternative fitness and rehabilitative conditioning. As a Golf Fitness Specialist, Pamela has been training some of New York's most distinguished Golf enthusiasts in her Union Square office and through off site clinic work. Pamela holds certifications in: Yoga for Golfers™ through Katherine Roberts, Gyrotonic® for Golfers, Gyrokinesis®, Pilates, Active Isolated Flexibility (A-I) with Jim & Phil Wharton and Body Rolling™ with Yamuna Zake. She received her BFA in Dance performance, choreography and pedagogy from Florida State University.