

Yoga for Cougars Football Team
Instructed by Germaine Tartacoff RYT-200

Try to get a mat that you can call your own. If you cannot borrow one, buy one...they last forever!
They are readily available and are inexpensive.

Bring an old belt or tie/for propping and a smaller hand size towel if you tend to have sweaty hands/feet. Both will come in handy especially if you tight and inflexible!

Please arrive on time and if possible, with an empty stomach.

Our focus during this series is on creating flexibility, improving balance and core strength and strengthening the anatomy that supports your joints. This will be possible, if you commit to practicing at home. More importantly, we will work on breathing as it supports your training and performance.

Each class will end with time for questions. Please pay close attention to what you experience during class, so you can address things as they crop up.

As competitive athletes, you are accustomed to pushing and surpassing your limits. Yoga will be a very different experience, where your success will be determined by quietly listening to your body.

Respect for your teacher and your teammates is expected, You will all honor where we are individually and as a team.

Namaste
Mrs.T.
Gspin38@aol.com