



YOGA FOR ATHLETES

3rd & 4th March 2012

9:00am - 3:30pm

Teach Yoga to Sports Teams and Athletes

Location:

Union Yoga

4 Union St
South Melbourne VIC 3205
Ph: (03) 9699 3731

Cost:

Early Bird \$400
(Enrol before 26th Feb 2012)
From 27th Feb 2012 \$450.00

Enrol:

Online at
www.unionyoga.com.au

Learn:

- The benefits of Yoga for athletes
- How to enhance athletic performance with yoga
- Complementing pre-season, competition and off-season training
- How to create a Sport Specific Yoga sequence
- Working with injuries

Training Manual included

Presenter:

Fiona Leard

Fiona is a RYT with a Masters Degree in Sports Science. She has extensive experience working with athletes and sports teams including Sydney FC, NSW Waratahs, Cricket NSW, NSWIS Waterpolo

For more information contact Fiona:
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