

HOW TO ADD YOGA & RECOVERY TO YOUR TRAINING

PRE SEASON

Focus: Maintain a dynamic flexibility practice and build strength around the joints for injury prevention and stabilization.

OFF DAYS: YOGA - DYNAMIC
PRACTICE DAYS: YOGA - RECOVERY
SAC DAYS: YOGA - RECOVERY
GAME DAYS: BREATHWORK
TOURNAMENT: MEDITATION

IN SEASON

Focus: Participate in intense work on the court/field, maintain flexibility, and have a consistent but mellow yoga practice.

OFF DAYS: YOGA - RECOVERY
PRACTICE DAYS: MEDITATION
SAC DAYS: YOGA - RECOVERY
GAME DAYS: BREATHWORK
TOURNAMENT: REST

POST SEASON

Focus: Increase focus, practice breathwork and minimal yoga, and meditate to visualize success.

OFF DAYS: YOGA - RESTORATIVE
PRACTICE DAYS: YOGA - RECOVERY
SAC DAYS: MEDITATION
GAME DAYS: BREATHWORK
TOURNAMENT: MEDITATION

OFF SEASON

Focus: Light training, strength building, increase ROM, injury rehab, and correct imbalances through FMS.

OFF DAYS: YOGA - DYNAMIC
PRACTICE DAYS: YOGA - RESTORATIVE
SAC DAYS: YOGA - RECOVERY
GAME DAYS: MEDITATION
TOURNAMENT: BREATHWORK

We recommend working in recovery at least 2 times per week - once on your Off Day and once on a day of your choice. Each link above will take you to a video for the day that you can start with.

Please note: All yoga listed (Recovery, Dynamic, Restorative) is Yoga for Athletes.

YOGA FOR ATHLETES

Yoga for Athletes is not “athletic” or “powerful” yoga – it is a method of recovery used to balance out the physical demands, repetitive actions, and mental stress of the gym/court/field.

Athletes in all stages of development benefit from the effects of yoga, using it to progress to the next level of performance goals, both physically and mentally.

BENEFITS

- Mobility
- Balance
- Flexibility
- Body Awareness
- Muscle Recovery

INCREASE ATHLETIC PERFORMANCE

- Increase dynamic range of motion
- Reduce Injury Onset
- Reverse muscle imbalances
- Reduce pain and muscle cramps
- Increase thoracic spine rotation
- Allow for a mental break

CLASS STYLES

Yoga for Athletes - Dynamic

- Goal: Increase flexibility, develop joint stability, and build determination.
- A mindful flow that links movement to unhurried breath, intensified by holding postures to awaken the body and clear the mind. Most appropriate for Pre-Season and Off-Season.

Yoga for Athletes - Recovery

- Goal: Release tension, increase range of motion, and find balance.
- A Hatha-based active recovery class. Most appropriate for In-Season and Off-Season.

Yoga for Athletes - Restorative

- Goal: Rest the body, ease the mind, and find relaxation.
- Dive into a state of deep relaxation by activating the parasympathetic nervous system (the rest and digest system) with long-held, prop-supported poses that gently stretch the muscles. Most appropriate for Post-Season.

BREATHWORK

Performance Breathwork is used to improve respiratory muscle function, increase oxygen efficiency, increase focus, and control emotions.

BENEFITS

- Focus
- Mental and emotional control
- Calm the nervous system
- Breath control

INCREASE ATHLETIC PERFORMANCE

- Increase your respiratory muscle strength
- Increase oxygen efficiency
- Lower heart rate
- Improve energy and alertness
- Quiet the mind
- Enhance mood
- Improve focus
- Down-regulate nervous system

MEDITATION

Meditation is used to cultivate a resilient mindset, identify distractions, and improve focus when needed most (during games and times of high performance).

BENEFITS

- Focus
- Mental and emotional control
- Calm the nervous system
- Visualize success

INCREASE ATHLETIC PERFORMANCE

- Reduce negative thoughts
- Overcome fear
- Decrease stress
- Improve sleep
- Strengthen the immune system

