



Yoga for **Sports People**

Many athletes are turning to yoga as a supplementary exercise routine to fix the imbalances in their body and to improve their performance in their chosen field of sport.

Yoga enhances every sport. Most activities are muscle building and shortening, yoga is lengthening the muscles. To build strength requires flexibility, the two are not mutually exclusive, they are symbolic.

Moving through a yoga sequence creates warmth and suppleness in the tissues allowing muscles to lengthen. The result is more elastic, pliable tissues that help you bounce back more easily from the stressors of your sport.

Do you suffer Chronic Sport Injuries?

It is important when you are injured to seek therapeutic treatments from Physiotherapists, Osteopaths & Chiropractors etc, but it is essential post treatment that you have an ongoing physical movement practice that will move the body's tissues

through a full range of motion to develop a stable, yet supple muscular skeletal system. Otherwise our repeated postural habits over time will reinforce old injuries. Iyengar Yoga practice will strengthen and stabilise the weak areas of our muscular-skeletal system and open and create space in the tight areas.

Yoga is a mind-body practice. Engaging the mind with the body brings alertness, attention and focus that is so much needed by athletes in their very competitive world.

I believe that a regular yoga practice will allow athletes to have longevity in their chosen field. I recommend a Yoga class as a good cross-training routine for low intensity training days.

- Wendy Purdon
pukekoheyoga.co.nz



"I started yoga 3 years ago after being recommended to see Wendy by my physiotherapist. I was training for marathons at the time and had multiple injuries including a shattered bone in my foot. Since going to yoga, my physio bill non-existent. Yoga has helped strengthen my core and taught me to lengthen muscles that get compacted with loads of running. I've found that regular yoga practice has bought back the balance my body needs!"

Tina Fulton