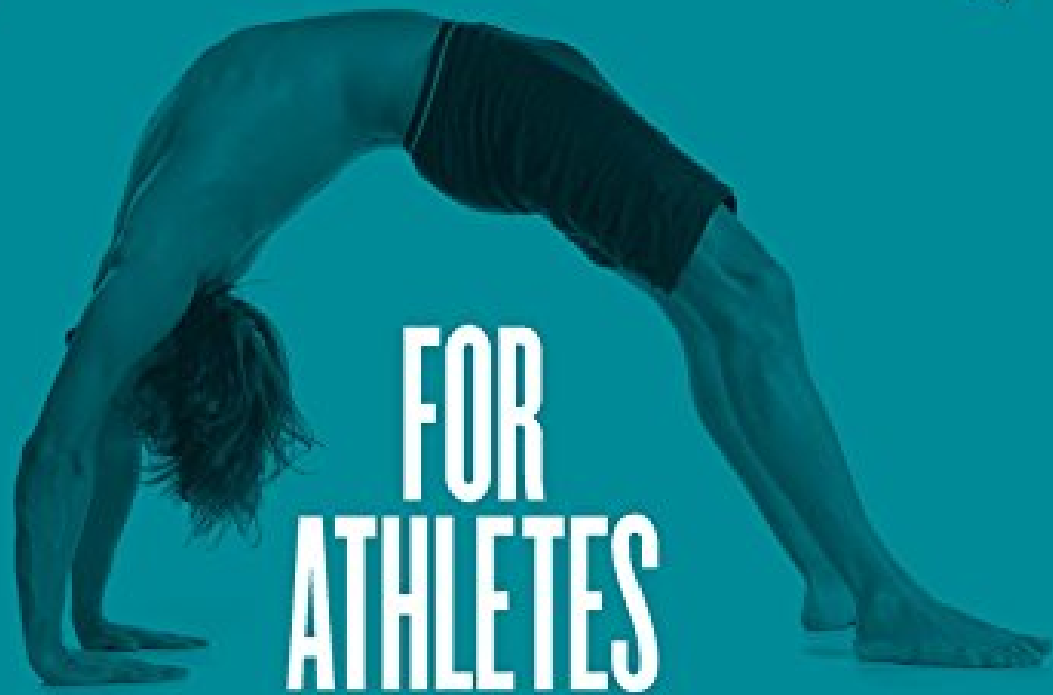


POWER YOGA



FOR
ATHLETES

More Than 100 Poses and Flows to Improve Performance in Any Sport
SEAN VIGUE

Sean Vigue

Power Yoga for Athletes



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Hockey, football, baseball, golfing, swimming, lacrosse - whatever your sport of choice, yoga will help you to improve concentrate, flexibility, and efficiency. Power Yoga for Sportsmen is perfect for those that want a total body and mind workout." improve your back again, joints, or core; or reduce or heal from injury. Beyond his technical skill and knowledge, he also offers a personality that makes him easy to get along with, and assists him inspire everyone, regardless of age, level of skill, or gender, to become active through yoga and Pilates. You'll find many poses perfect for the sport of your decision, including: RunningSwimmingCyclingGolfingBaseballBasketballSoccer Football/rugbyHockeyTennisFeaturing a lot more than 100 yoga poses from instructor Sean Vigue, Power Yoga for Athletes incorporates more than simply poses. It describes a whole-body program for cross-training and conditioning. Each yoga exercise pose features step-by-step directions, instructional photography, muscles being worked, general benefits, and the sports that each pose is ideal. Get the total amount, strength, and focus you have to perform at your very best." Go Sean, go!" His energy is usually contagious and his pipes are sublime. Discuss an ideal pitch! Sean Vigue gets the moves, mojo, and inspiration you have to reach that next fitness level. - Brooke Siler, bestselling writer and Pilates "trainer to the superstars""Power yoga is an ideal example of functional teaching. Sean is a talented and knowledgeable fitness instructor that I am proud to have had the privilege of working with. [This is usually] a well-written book by Sean Vigue that demonstrates exercises you can do wherever you like. [It is] filled up with instructional ideas for the very best exercises power yoga exercises provides you. - Heather Kapande, owner Nick's Pro Fitness in Evergreen, Colorado" - Jerome Fishermen, JeromeFitness." [It] increases your flexibility, power and balance so that you will feel more in balance doing all your everyday tasks. Yoga exercise benefits athletes of most types, helping you to improve your athletic prowess and hone new strengths. This book will likely be a typical for athletes which are interested in taking their game to the next level in nontraditional fitness areas. Yoga is the ideal cross-training device and a perfect stand-alone exercise, whether you're looking to improve balance, concentrate, control, breathing, posture, or flexibility; Sean teaches a challenging yet super fun yoga exercises class. - Dean Pohlman, owner Guy Flow Yoga" He is a expert at what he will.com" I definitely recommend this reserve to my followers, if they are gymnasts, martial performers, or nonathletes!



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Great for runners! Moreover, it has dozens of routines (called flows) that combine numerous yoga poses right into a coherent workout. I would say up front it was not that easy to generate my very own session - there are some predone you may use if you want - but up to now it's been the best at letting me set a routine that works for me giving me some help. I competitively ran cross-country & I don't know the author or his previous work so this was new to me. I consider this publication with me wherever I go and makes it easy to knock out power yoga exercises periods wherever I am in the world. I frequently use yoga exercises to enhance my operating and for cross training. Periodically I know certain specific areas of my body want some help, I'm particularly tight in an area or (like right now) I've got an injury. That is where this book comes in very helpful. It really is sorted by type and you can even see what regions of your body the pose affects. It's great to have so many variations on poses - and provides plenty of variety. There are full sequences in the trunk for you to go by with varying routines. I bought two copies: one for house and something for work. Thanks a lot Sean ! Nevertheless I pulled my hamstring multiple situations, acquired ship splints, hip flexor discomfort, knee pain and calf muscles problems.) Can't recommend this book enough I'm an absolute newbie at yoga. The poses and flows not only stretch the body, however they also provide stability and strength. This is the only 1 that obviously, concisely describes how exactly to do yoga. This is a fantastic book for individuals who want to create their own yoga sessions that compliment their athletic endeavors. Although this is geared towards athletes, I believe anyone could benefit from it. Plus Sean's Youtube channel (<https://www.youtube.com/channel/UCv3v3v3v3v3v3v3v3v3v3v3>). Recommend it! This book allows you customize your personal flows, has structured flows to check out, and shows you at length every power yoga placement. Doing Sean's exercises help keep my body in great alignment and provides a good secondary workout to other .!and there are longer flows with 30 plus poses that basically stretch you out perhaps you have dripping. You can find quick flows for those times where one's schedule is a little bit compressed..you get the idea. Am I glad I did as it is an excellent book, the exercises have become clear and easy to adhere to both from the photographs and excellent descriptions as well. I was able to get through a whole marathon training process without issues with my IT band, hamstring, quads and calves. Coach Vigue's exercises for runners was the perfect post long run recovery. Turns out I like the reserve better because I can mix and match my own flows. Thank you Sean! This is an extremely good yoga book! I HIGHLY recommend having this reserve as an integral part of any fitness library! I now, add even more of the stretches to my own training programs to help my clients as well. Power Yoga for Sports athletes: the body will thank you! Power Yoga for Sportsmen is truly an AMAZING reserve for just about any athlete. I pre ordered this from amazon in the past so was very excited to obtain it in the mail. track throughout high school, and experienced success (state medalist in xc, district champion in xc, state qualifier in track, and even a college athletic scholarship). The Runner's Guide to Yoga: A Practical Approach to Building Strength and Versatility for Better Running (The Athlete's Guide) for much of my yoga needs supplemented with the 30 Days of Yoga exercises with Adrienne (free on youtube and highly recommended! It's concise, educational, and actually very useful for most every yoga exercises practitioner. This reserve gives athletes a genuine advantage to whatever their sport may be. I've appeared at several yoga books. Whenever I feel overwhelmed, Sean Vigue's yoga exercise poses (and videos) help increase my vitality, while decreasing my panic! Also, Sean Vigue's youtube channel never does not lift my spirits!. "Power Yoga for Sportsmen," by Sean Vigue is a wonderful book for anyone who is looking to boost their flexibility, power, and performance in virtually any kind of sport. You don't need to be an athlete, incidentally, to reap the benefits of this instructional manual. It not merely has clear guidelines with photos and

diagrams, but it also shows what muscle tissues are targeted. I recommend this reserve! I recommend this book. Tracy Shawn, author of "The Grace of Crows" Love it ! I have to admit I was just a little skeptical about a yoga publication but went with this one by Sean Vigue after going for a few of his classes, plus I love his teaching style and inimitable wit ! This book kept me in series for the last 5 a few months. Also I love what sort of exercises are customized to personal activity choice. I am an enthusiastic swimmer so was pleased about this ! This book is great and I would recommend it to anybody at any level of fitness. 5 Stars for Coach Vigue Sean Vigue's Power Yoga exercise For Athletes is a wonderful reference for newbies to the world of yoga like myself. Generally I prop it up and just use a routine or I create my own by practicing the poses and then simply writing them down (name) to jog my memory. This is reserve is chocked full of an easy task to follow and well described/illustrated poses and flows that are both fun and challenging. Operating shortens, dance lengthens, weight training shortens.. As a personal trainer, marathoner and previous dancer, it's hard to maintain flexibility and keep strength and power in my own muscles. Thanks Coach Vigue One of My New Favorite Yoga exercises Books! This publication is perfect in case you are simply beginning, but also progresses for those that need more of a challenge. I am teaching yoga for 7 years, so have accumulated many yoga exercises books. What makes this one exclusive is that it helps the reader identify specific asanas for specific sports training. I by no means put the balance back to my body after running. Good stretching method outlined I love the clear and an easy task to follow instructions on different poses and the way the poses are contained in many yoga flows. Nutrients! Five Stars Really useful and simple to use. some good sequences in solid book, the right sequences in there Awesome power yoga guideline! Absolute need to have for anyone regardless of goals or sports activities played. GREAT FOR ANY FITNESS FREAK!!'ve been doing yoga a little while and We consider myself a newbie. Thanks Sean, solid work! AMAZING BOOK!.. Doing Sean's exercises help keep my body in good alignment and provides a nice secondary workout to additional more vigorous routines Turns out I love the book better because I can mix and match ... Big fan of Sean V. :) Increase Your Flexibility, Strength--and Vitality! Began watching his videos therefore i bought the reserve to be supportive. After my race, the transition back to more weight training, was so much easier due to these exercises. Also, I can listen to music while performing my Yoga with the reserve. But, I miss Sean's dog, LOL Five Stars Great book.com/user/motleyfitness) is a good supplement to the book. I highly recommend it and if you haven't currently visited Sean's YouTube channel, I would recommend looking at that out aswell. It not merely improve versatility but also work on building your current strength of your body. This is the best book I've had on yoga ????? would definitely recommend This is the best book I've had on yoga ????? would definitely recommend. that is my move to when ever we start a new pose in our yoga class plus I take advantage of it in the home between classes thrilled ? . The book lays flat pretty easily and I discover myself discussing it and



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