

TOP 10

ATHLETIC PERFORMANCE BENEFITS OF YOGA

BUILD STRENGTH, BALANCE & PROPRIOCEPTION

Yoga teaches athletes how to move their bodies through space and in relation to gravity. The variety of poses will increase their strength, balance, and proprioception (a sense of where the body is in space.)

IMPROVED BIOMECHANICS = MORE OUTPUT

When the muscular and skeletal structures of the body are properly aligned it can operate more efficiently through all planes of motion. This means the body can work a higher threshold, transmit more force, and produce greater speed.

STRESS RELIEF

Being an athlete, at any level, can come with added pressure, anxiety, and stress. Sports, school, studying, family, friends; the juggling of all these things can conspire to keep athletes in a constant state of 'Orange Alert' where the sympathetic nervous system is dominant. Yoga offers the opportunity to slow down, breathe, and switch on the parasympathetic nervous system (our rest/recovery system.)

INCREASED BREATH CONTROL & ENDURANCE CAPACITY

Yoga improves body posture which in turn creates more efficient breathing patterns. This leads to increased respiratory capacity and higher levels of endurance.

IMPROVES FOCUS

Focus is a foundational component of yoga and is taught through specific mental and physical exercises such as breath work and visualization. Athletes that practice yoga have a greater ability to be present in the moment, conscious of their thoughts, and a clear vision of what action needs to happen next.

INJURY PREVENTION

The repetitive motion of sport can create mechanical dominance on one side of the body, which can lead to muscular imbalance and/or repetitive stress injuries. Yoga brings awareness to these imbalances and works to improve physical symmetry, thereby reducing the potential for injury.

BOOSTS RECOVERY

Athletic practices and competitions put cumulative stress on the body and athletes often neglect to incorporate any recovery practices into their sessions. Yoga boosts the body's circulation and lymphatic flow which allows the muscles to process metabolic byproducts more quickly thus speeding up healing time and both muscular & structural regrowth.

TRAINING WITHOUT OVER TRAINING

Adding yoga to a team's practice schedule is an opportunity for the athletes to be physically active without leading to burnout and overtraining syndrome.

TAKE THE MENTAL GAME TO THE NEXT LEVEL

In a world where athletes are looking for every physical competitive advantage, they often neglect to exercise their 'mental muscles.' Through the use of targeted meditation & visualization exercises yoga offers athletes the opportunity to refine their thought patterns and improve their self-talk in order to boost self esteem and athletic performance.

TEAM BONDING

For most teams yoga is something new, different and potentially outside their comfort zone. This type of shared experience is something that athletes can bond over and increase camaraderie.

For more information on Yoga For Athletes visit:

www.fueledbyignite.com



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