

## Yoga for Golfers

Trish Stratus's resume, which includes being the former 7 time WWE Women's Champion and current owner of Stratusphere Yoga Studio, now boasts a new bullet point. As SNAP's newest editorial contributor, Trish will be offering her expertise on how the benefits of practicing Yoga can affect the lives of our readers in a number of ways. As Trish herself puts it, "Yoga, for me, has allowed me to find a balance in all the things that I do." She continued, "It feels like I do a million things a day, and I think most people feel that way in their lives, but for me it's the yoga that allows me actually cross things off that big list. Having a regular yoga practice helps me tackle each thing calmly and carefully, and helps me excel in each and every department."

With a few months left in the golf season, Trish's first instalment, "Yoga for Golfers," could not have come at a better time. Like yoga, golf is known for providing a great avenue for stress release, but at times the sport of golf can drive even the most experienced golfer up the wall. It only takes a couple of errant shots to render a great day in the sun into a humbling and nerve-racking afternoon on the golf course. Trish began taking a serious interest in the sport last season, she began working with the folks at Callaway and began taking lessons with a pro who noticed for a new player, she had a great natural swing. Trish attributed this to her years of doing yoga.

It didn't take long for her to realize the connection. "When I really started to dissect the sport, that's when it occurred to me that, 'Wow, golf is pretty similar to yoga,'" says Trish. "The twisting is very useful, the balancing that you do, and something that is not really thought about, the breath work," all combine to create a synergy of practices between yoga and golf, according to Trish. The breath work developed from a solid yoga regimen can go a long way to making anyone a more relaxed and effective golfer. Trish says, "Sometimes as a new golfer, or even as a more experienced one, we have these times where we are just not having a good game." "The more it gets in your head, the more your body starts to tense up, and you start to get anxious...it's amazing what a deep breath can do!"

Stratus then took it upon herself to try and amalgamate her newfound interest in golf with her passion for yoga. "I had some golfers come in and they were having some difficulties with the balance and alignment, they were struggling to tackle a new thing just as I did with golf in the beginning."

With that in mind, Trish has created a Yoga sequence, fittingly called "Stratusphere Yoga for Golfers". "The yoga sequence is designed specifically for golfers... it uses the same muscles and movements used during the game of golf and the unique thing about this practice is it incorporates the club into almost all the poses." As seen in the accompanying photos, incorporating the club not only helps golfers with the issues they faced with their balance, but also, "it makes golfers comfortable because they have their club in hand."

And while Yoga for Golfers can provide you with a physical and mental advantage the next time you grab the sticks with your colleagues, friends and family, incorporated with practice and a more relaxed approach, this 60 minute sequence designed by Callaway's newest Celebrity Ambassador, Trish promises it can also help you where it counts the most; on the scorecard.

If you have any questions for Trish, please send an email to [trish@snapvaughaneast.com](mailto:trish@snapvaughaneast.com). As a monthly contributor, Trish will be taking the time to answer some of our readers' concerns and questions. We also encourage you to visit Trish at her studio Stratusphere, located in The Village at Vaughan Mills at 255 Bass Pro Mills Drive. Or call (905) 760 – YOGA (9642) to speak to a yoga advisor to help you start or continue your yoga journey! For class schedule, visit [www.stratusphereyoga.com](http://www.stratusphereyoga.com).