



## Yoga for Rowers: Building Physical Mental Strength

By Chrys Kozak

Createspace, United States, 2009. Paperback. Book Condition: New. 214 x 138 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Attention rowers! YOGA FOR ROWERS is a brand new way to train that s great for all program levels coaches - from high school up to Masters. With testimonials from an Olympic coach, FISA World gold medalists, National gold medalists, an Oxford Boat Race champion, Head of the Charles competitors more! Yoga For Rowers is 65 pages includes workouts calendars. This book shows targeted poses for each phase of the rowing cycle in large full color photos outlines specifically what these poses do. The instructions are easy to follow the program is easy to fit into your existing training program. Yoga For Rowers will dramatically improve your oarsmanship: \* Increasing your length of stroke \* Improving power \* Allowing you to train harder with fewer injuries \* Exponentially developing flexibility core strength \* Fine tuning your sense of balance sensory awareness \* Developing your mental focus A minimum of 15 minutes a day is all it takes to ohm your way to gold next season!.



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