

Yoga For Athletes

IDEA World, Session 648

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Overview: This class will provide a deeper understanding of the human body, and the needs of an athlete. You will gain an understanding of the benefits of yoga for athletes, and how to provide a valuable practice with safety and optimal performance in mind.

Why Yoga for Athletes?

- East vs West mindset
 - How traditional yoga practices blend with the Western view of sports and an athlete's needs
- Yoga as therapeutic application
 - Why athletes should practice yoga
- Yoga as union of body and mind
 - Mental, physical and spiritual benefits
 - Meditation, breathwork, asana

Biomechanics overview- Understanding the human body

- Alignment
- Stability
- Core strength
- Flexibility
- Mobility (ROM)
- Functional movement

Increase proprioception, increase performance

- Increasing body awareness
 - Movements and yoga asana that promote awareness
- Increasing mental awareness
 - Effective meditation methods for athletes
- Getting to know your body and its needs

Understanding the unique needs of athletes

- Safety first

- Know the requirement of their specific sport and its specific demands on their body
- Ask about injury history and physical challenges
- Ask about their performance goals
- What is the key action of the sport?
 - Yoga postures that will enhance those key movements
- What is the key challenge, restriction, or injury in that sport?
 - How can yoga be used to minimize this risk?
- What is the mindset of the sport?
 - In what framework will this athlete best connect with yoga?

Top of mind for Instructors

- Instruction language
 - How will your instruction resonate with each different athlete?
 - How to be clear
- Neurodiversity
 - The body needs diversity
- Understanding the nervous system
 - Parasympathetic vs Sympathetic
- Yoga as prehab
 - Preventing potential injury through the tools of yoga

Traditional Yoga Philosophy and Practice

- Breathing- understanding the mechanics and benefits of the breath
 - Alternate nostril breathing (Nadi Shodhana)
 - Ujjayi breath
 - Lion's breath
- Meditation and mental training
 - Visualization
 - Moving meditation
- 8 Limbs of Yoga and sports performance
 - Yamas and Niyamas
 - Sattvic, Rajasic, Tamasic

Let's move! Yoga Practice for Athletes (*please bring your mats)

- Learning movements that optimize performance and promote safety