

Balance and Stability in Golf

The program

Efficient and consistent ball striking in golf requires good balance. Learning to maintain balance throughout the entire swing is a prerequisite for obtaining consistent power and accuracy in the swing.

Stability throughout the swing is achieved by either Static Balance in the setup position, where the greater the balance, the more power and accuracy are available into the swing, and by the Dynamic Balance, where balance during the movement is a highly integrated process of the neuromuscular system. Lost of balance or lack of it causes lost of precision and introduces unwanted movements. These unwanted movements cause the Central Nervous System to automatically setting the body to its balanced condition whenever it moves off balance. Learning to "feel" and developing self-awareness of balanced posture and balanced movement is a key for good performance and avoiding unwanted movements. Self-awareness helps adjusting the body and knowing where the body is positioned in space

Our Balance and Stability program is taught using unique method so it is easy to understand, yet challenging and entertaining to learn, and it lasts forever.

"One of the reason precision in golf is lost or cannot be obtained is the lack of, or loss of the balance state."

Michael Hebron
PGA Master Professional

The Benefits

- . Developing solid balance and stability
- . Learning to sense and feel balance in space in different positions
- . Improving ease of movement - more flexibility, less fatigue, keeping energy level up and having more joy
- . Relieving tension, stress and movement restriction
- . Knowing how to look for any instance of being off balance in your setup and/or your swing.
- . Increasing self-awareness in action, knowing and feeling what you are doing
- . Making it easier to learn and achieve rhythm.
- . Preventing "tensing up" and just going with the flow
- . Having an established balance gives you a basis that you can use to determine your bad strokes
- . Enhancing coordination in your entire body
- . Increasing power and accuracy
- . Good balance and stability is applied to every part of the golf game - full swing, short game and putting.

Who will benefit?

Anyone - young or old, physically challenged or physically fit, professional or amateur.

Balance and Stability in Golf is a program of

WHOLE BODY GOLF

How does it work?

Through body movements we develop self-awareness and get a feel for the way our body moves with and without a club. This process of body movements often reveals problems caused either by disconnection in the body, by unfamiliarity and old habit, or by an old injury. Thus we learn how to improve these movements. Improving movement leads to learning of an effective coordination, one that makes our movement feel easy, connected and balanced.

By experimenting with different movements in space in different positions, we develop sense and feel for a balance in each state of the swing. This learning technique makes each person feeling familiar and confident with the sense and the feel of balance and stability. Thus we learn to rely on this familiar feeling of balance and stability for every stroke. It is exactly because we can feel balance that we can increase control over it and improve our golfing.

Lessons and Workshops

Yoni continues to teach workshops and offers lessons for groups and individuals.

For more information about workshops, groups and private lessons please:

- . Send email to yonibodygolf.com, or
- . Call (303) 881-9352
- . Log to the web site www.wholebodygolf.com