

Rhythm in Golf

The program

This program helps to improve one of the most important yet oft misunderstood aspect of golf: **Rhythmic** movement that is well **Coordinated**.

We already have a rhythm. We walk with a rhythm, breathe with a rhythm, and have a rhythmic heartbeat. We wish we could also golf with a rhythm because it is essential to becoming a better golfer. A smooth, effortless and consistent golf swing is the dream of every golfer, and developing coordinated rhythm is what makes this dream possible.

Good rhythm and well-coordinated body movement are inseparable. Only when both are effectively present are we guaranteed better golfing.

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

Established Rhythmic and Coordinated movement is something that you can always turn to when your game is going bad.

Well learned and established Rhythmic movement should be applied to every part of the golf game - full swing, short game and putting.

*“Perfect swinging is perfect rhythm!
The most essential thing of all –
rhythmic smoothness in the stroke.”*

Ernest Jones
Legend Professional golf teacher

The Benefits

- . Learning to sense and feel rhythm
- . Developing self rhythm, one that’s your own, not someone else’s
- . Enhancing coordination in your entire body, thus creating a reliable rhythmic movement
- . Having an established rhythm gives you a basis that you can use to determine your bad strokes
- . Knowing when your golfing is rhythmic and when it’s not
- . Developing solid balance and stability
- . Relieving tension, stress and movement restriction
- . Increasing self-awareness in action, knowing and feeling what you are doing
- . Elevating your golf level of excellence.
- . Preventing "tensing up" and just going with the flow
- . Letting go of thinking and let the rhythm take hold instead
- . Enjoying the feeling of falling into a steady, comfortable rhythm on every shot/putt
- . Improving ease of movement - more flexibility, less fatigue, keeping energy level up and having more joy

Who will benefit?

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

Rhythm 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 and connected.

By experimenting with rhythms and better-coordinated movements, we develop sense and feel for a timely rhythmic stroke. The process establishes Rhythmic and Coordinated movement, and each person finds his or her own unique rhythm. This learning technique makes each person feeling comfortable with the sense and the feel of it. Then they learn to rely on the rhythm for every stroke. It is exactly because we can feel this rhythm 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