

WHOLE BODY GOLF



What Whole Body Golf teaches?

To adapt the body to the requirements of golf physical and mental basics, we teach and include the following:

- . **Feeling** – develop a feeling of each movement rather than thinking it. In golf the sense of feeling is far more important than the sense of sight.
- . **Rhythm** - Learn how to attend to it without forcing it, letting the swing's rhythm controls itself.
- . **Balance and stability.** For power, consistency and free movement.
- . **Freedom of movement** is crucial to become better golf player.
- . **Awareness** – any change requires first to increase awareness. Increasing awareness into any action brings more feedback, feeling more naturally in your swing.
- . **Learning** is about change. Each person discovers and learns new ways of using his/her entire self, understanding the movement rather than memorizing it.
- . **Effortless swing** – we teach movements that make the swing effortlessly with powerful rather than powerfully with effort.
- . **Breaking old habits** and retraining the nervous system to help ease of movement.
- . **Pain/injury** – learn to prevent injuries, to cope and reduce pain, and to heal from an injury without quit playing
- . **Visualization** – Successful athletes use visualization as a means of training as well as competing.

The Benefits

- . Increases your golf level of excellence.
- . Improves your flexibility, balance, coordination and ease of movement, regardless of age or physical ability.
- . Establishes strong physical and mental basics
- . Learning to sense and feel rhythm
- . Increasing self-awareness in action, knowing and feeling what you are doing
- . Increase your range of movement.
- . Relieves pain, tension, stress, movement restrictions and chronic emotional and physical habitual patterns.
- . Enhances and refines golfing skills, mobility, endurance, concentration and increases self-awareness in action.
- . Develops visualization skills
- . Helping heal and/or prevent injury.

Who can benefit?

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

Lessons are offered for individuals and groups, in studio or on the driving range.

For more information about workshops, groups and private lessons please send e-mail yon@wholebodygolf.com or call (303) 881-9352.

What they say...

"I really enjoyed the series on Whole Body Golf. The concept of building a base of feeling from the feet up was perfect. I began to notice right away how my body was feeling during the golf swing and I could tell instantly when I was either out of balance or holding tension somewhere. My putting is noticeably better after our sessions too. I have a much better consciousness of my body tension and position as well as movement."

Sid Dines

"Traditional golf instruction increased my level of frustration with the game of golf, Yoni and the Whole Body Golf program brought back the enjoyment of the game. Whole Body Golf enabled me to take my own physical and mental attributes and incorporate them into my golf swing. This program taught me to listen to my body and find my balance, stability, coordination and internal rhythm and apply it to golf. It dispelled many myths I had about gaining a better golf swing and allowed me to enjoy the game every time out. I no longer have to go through a physical and mental checklist each time I approach a shot, and simple small rhythmic cues help me center the dynamics of my swing. It is such a relief to play a consistent round of golf, have fun, and not have to worry about my swing. I recommend and encourage this program and Yoni for golfers of any age or ability level"

Jim Maroney

"The Feldenkrais Method has allowed me to play pain-free golf, without worrying about injury. It puts me in control of what I want to do by allowing me to get in touch with the 'mind-body' connection. I've re-learned more efficient patterns for playing golf."

Duffy Waldorf

PGA winner of several tournaments

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About Yoni Zaluski

Yoni is a Certified Golf Teacher and Certified Feldenkrais® Practitioner. He was first introduced to the Feldenkrais Method when he developed a severe lower back problem. The pain caused him to quit the sports he had enjoyed doing – basketball, tennis, running, volleyball and bicycling. When it came time to quit or significantly reduce his golf game, he decided to seek help. After long trials with different therapies/methods, he discovered the Feldenkrais Method®. Within few sessions he was back to normal golf activity, and the other sports followed soon after. Yoni has worked with golfers of all levels, disabled golfers, people with chronic pain, musicians and dancers. **Whole Body Golf™** method was developed by Yoni based on his work experience in the Feldenkrais Method and by studying the aspects of the golf game. Yoni has taught workshops and lessons for groups and individuals.



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Whole Body Golf™ is a teaching method that teaches, through movement, **how to adapt the body to the requirements of golf physical and mental basics.** It is then that we can effectively teach golf techniques.

Golf is a body and mind sport and we all want and hope to play better than we did before. We also have to remind ourselves that golf is a game that's supposed to be fun and enjoyable.

When it comes to teaching, it's important to help people learn rather than to merely following instructions. Allowing people to explore possible solutions is critical aspect of the learning process. This process will strength confidence in the natural ability, and will allow gaining more from instructional lessons when we attend them.

That's what we do in **Whole Body Golf**. The process of swing development through our method brings lasting improvement.



Whole Body Golf is based on the Feldenkrais Method®.