

Yoga for Optimal Client Performance

Presented by Helen Vanderburg

This workshop offers a quick and simple way to obtain the benefits of yoga for all clients. By integrating yoga and fascial line movement, your client will experience enhanced mobility, performance and overall wellness. In this session, you will learn easy to teach yoga postures, dynamic stretches and sequences of movements to target trouble areas to release tension, restore mobility and rebalance the body. Come and see how yoga is an incredible tool for optimal training and how you can easily integrate yoga into your client's programs.

Objectives

- to discuss the practical application of yoga-based exercises for personal training
- to gain a greater understanding of yoga and how it is relevant to training
- to review the benefits yoga to enhance your client's programs
- to experience and learn several yoga postures that will enhance mobility, stability, balance and full body function

Yoga

Yoga is a discipline and a practice toward self-realization.

The physical postures of yoga are full body integrated movement.

Joint mobility and stability function in a yin yang fashion.

Priority Movements for Common Biomechanical Stresses and Mal-alignments	
Upper Cross Syndrome	
Thoracic mobility	<ul style="list-style-type: none">- the mid back requires mobility to decrease the stress to the low back and shoulder girdle
Shoulder girdle stability Anterior shoulder mobility	<ul style="list-style-type: none">- the shoulder girdle requires posterior stability and anterior mobility for effective movement and decreased strain to the shoulder joint
Core	
	<ul style="list-style-type: none">- the low back requires stability to absorb and generate forces- lack of stability increases lumbar strain
Lower Cross Syndrome	
Hip extension	<ul style="list-style-type: none">- lack of mobility decreases movement performance and causes excessive strain to the low back
Hip rotation	<ul style="list-style-type: none">- decrease movement performance
Hip abduction/ adduction	<ul style="list-style-type: none">- imbalance between abductor and adductors
Hip stability	<ul style="list-style-type: none">- weak hip stabilizers may cause inward knee tracking

Yoga Poses for Optimal Client Performance

Lower Cross Syndrome

Low lunge
 Low Lunge with rotation
 Low lunge with quad stretch

Crescent lunge
 Warrior 1

Warrior 2
 Extended side angle

Upper Cross Syndrome

Child's pose/ Cat and cow

Thread the needle/
 kneeling rotation

Cobra/ Locust

Downward facing dog/ 3-
 legged dog

Seated chest lift/ reverse
 plank

Seated cow pose/ reverse
 cow pose

Seated arm wrap

Shoulder bridge	
Side lying shoulder mobility	
Side lying rotation	
Lower Cross	
Supine hip circle	
Supine hamstring	
Supine adductor	
Supine abductor	

Helen Vanderburg.com
helen@helenvanderburg.com
www.fusion-fitness-training.com

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by Helen Vanderburg and Human Kinetics