

Welcome and thank you for taking this great step to your personal best. This kit is chock full of all the tools you need to home study your way to excellence in your sport.

Since I have provided so much information I wanted to give you a checklist list or to-do list with a way to approach this kit for the best results.

- Watch the welcome video
- Watch the Power Yoga for Sports video featuring Regis Philbin
- Read through your sport specific manual
- Watch the bow and arrow analogy short video
- Watch the dominant eye short video
- Watch the symmetry summary
- Glance through and familiarize yourself with the Power Yoga for Sports Pose Book 1&2 so you feel more comfortable with the poses
- Take time to DO the goal setting book so you know what to expect of yourself and are clear where you want to go and what you want your results to be
- Read How to Evaluate your Problem and imbalanced areas
- Take time to watch the How to Assess your imbalances videos 1 &2
- Glance through all about joints reading
- Do mindfulness worksheets
- Watch and participate in the 3 regeneration videos each focuses on a different area, plug them into your training calendar on an appropriate day in your training cycle
- If you have audio classes plug days into your calendar where you will do them
- Finally, check out your sport specific top yoga poses, and top yoga moves videos...memorize them, do them over and over. If your kit has many positions and many of these videos, no matter what position you are watch and participate in ALL the videos, you may find a tight spot in a different video.
- Do your Power Yoga for Sports edition video typically this is a longer workout about 30 minutes.
- Mix and match workouts, make them longer, combine them make them shorter always be mindful of where you are in your training cycle

Be Consistent Be Great!!!

Gwen