

PYFS ADDENDUM A

New links to all videos

*Yoga Assessments

new link

<https://youtu.be/3eXGjLVYPA0>

*Live Poses of Assessment Id imbalances before they become injuries
Presentation Part 1

new link

<https://youtu.be/ngIMq7AQL3o>

*Live Poses of Assessment Presentation Part 2

new link

<https://youtu.be/lgevQP0hZ-4>

*Long deep holds

<https://youtu.be/S8wsW51RdnQ>

*Live session with High school elite part 1

<https://youtu.be/bnMEIbmq5Io>

Part 2

https://youtu.be/XI6_U_52G8o

*dominant eye

<https://youtu.be/jZBYszPig4U>

*Yoga with high school wrestlers

<https://youtu.be/jHYkIMi1aHE>

Yoga for youth athletes

<https://youtu.be/gLqrVxDeywk>

*Yoga for real men :)

<https://youtu.be/tbpYvUTFcCE>

*Bow and arrow analogy

https://youtu.be/NOQR-LI_Wvk

