

Learn the Game!
Work closely with Coaches,
Trainers, and Doctors
Make best use of athletes'
time

Dispel the myth that ALL
yoga is just stretching
The Best Rehabilitation
Technique is Prevention

Learn The Game

- While going to any yoga class will benefit an athlete, the mission of PYFS way is to make the Yoga Teacher step into the Athletes' world, not to make the athlete into a Yogi, or try to get them to put their foot behind their head. Everything is taught with a purpose relevant to the game they play and the position they keep. While observing games, notice what moves they make are relevant to a move or pose in yoga.

Refer to pose comparison pictures in Chapter 8 of Teaching Power Yoga for Sports.

- A PYFS Teacher is required to log in AT LEAST 10 hours of observations, choosing 5 different sports, approximately 2-3 games/hours per sport they intend to work with. Fill in the worksheets on the following pages. Here is what to look for when analyzing:

- 1. Watch 10 games minimum
- 2. Analyze the duties per position
- 3. Actions of their body
- 4. Research potential risks and common injuries for that position
- 5. How these use their bodies on the field of play

Sport 1

- Analyze the duties per position
- Actions of their body
- Research potential risks and common injuries for that position
- How these use their bodies on the field of play

Sport 2

- Analyze the duties per position
- Actions of their body
- Research potential risks and common injuries for that position
- How these use their bodies on the field of play

Sport 3

- Analyze the duties per position
- Actions of their body
- Research potential risks and common injuries for that position
- How these use their bodies on the field of play

Sport 4

- Analyze the duties per position
- Actions of their body
- Research potential risks and common injuries for that position
- How these use their bodies on the field of play

Sport 5

- Analyze the duties per position
- Actions of their body
- Research potential risks and common injuries for that position
- How these use their bodies on the field of play

