



# Power Yoga for Athletes: More than 100 Poses and Flows to Improve Performance in Any Sport

*Sean Vigue*

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Hockey, football, baseball, golf, swimming, lacrosse - whatever your sport of choice, yoga will help you to improve focus, flexibility, and performance.

Power Yoga for Athletes is perfect for those who want a total body and mind workout. Yoga is the ideal cross-training tool and a perfect stand-alone exercise, whether you're looking to improve balance, focus, control, breathing, posture, or flexibility; strengthen your back, joints, or core; or reduce or heal from injury.

Yoga benefits athletes of all types, helping you to improve your athletic prowess and hone new strengths. You'll find many poses ideal for the sport of your choice, including:

Running

Swimming

Cycling

Golfing

Baseball

Basketball

Soccer

Football/rugby

Hockey

Tennis

Featuring more than 100 yoga poses from instructor Sean Vigue, *Power Yoga for Athletes* incorporates more than just poses. It describes a whole-body program for cross-training and conditioning. Each yoga pose features step-by-step directions, instructional photography, muscles being worked, overall benefits, and the sports for which each pose is ideal. Get the balance, strength, and focus you need to perform at your best.

"Talk about a perfect pitch! Sean Vigue has the moves, mojo, and motivation you need to reach that next level of fitness. His energy is contagious and his pipes are sublime. Go Sean, go!" - Brooke Siler, bestselling author and Pilates "trainer to the stars"

"Power yoga is a perfect example of functional training. [It] increases your flexibility, strength and balance

in such a way that you will feel more in balance doing your everyday tasks. [This is] a well-written book by Sean Vigue that demonstrates exercises you can do wherever you like. [It is] filled with instructional tips for the best exercises power yoga has to offer you. I definitely recommend this book to my followers, whether they are gymnasts, martial artists, or non-athletes!" - Jerome Fishermen, JeromeFitness.com

"Sean is a talented and knowledgeable fitness instructor that I am proud to have had the privilege of working with. Beyond his technical skill and knowledge, he also has a personality that makes him easy to get along with, and helps him inspire everyone, regardless of age, skill level, or gender, to become active through yoga and Pilates. This book is going to be a standard for athletes that are interested in taking their game to the next level in non-traditional fitness areas." - Dean Pohlman, owner Man Flow Yoga

"Sean teaches a challenging yet super fun yoga class. He is a master at what he does." - Heather Kapande, owner Nick's Pro Fitness in Evergreen, Colorado

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