

# YOGA for ATHLETES

with  
**ROMI CUMES**

This Yoga workshop was originally designed for Surfers, though is also suitable for all types of athletes who wish to improve their strength, flexibility and energetic awareness.

Most sports require the repetitive use of certain muscle groups, which often get restricted and dense due to the lack of a complimentary yoga or stretching routine.

In this workshop, you will learn key exercises to open the chest, neck, shoulders, back and legs, as well as core strengthening exercises to stabilize the body and improve balance. You will also learn a simple and effective Pranayama (breath exercise) practice to improve breath control and mindfulness. A photo-guided yoga sequence of the exercises learned will be handed out to guide your home practice.

This workshop offers a practical yoga approach to athletes, making yoga more "user friendly". You will leave with effective tools that support the activities you love.

**ALL LEVELS OF YOGA EXPERIENCE ARE WELCOME.**

## Saturday, January 23, 2010

2:00 - 4:00 pm • \$30



ROMI CUMES is a creator of transformative healing environments. She is a certified yoga instructor, licensed massage therapist, dancer and performer based in Santa Barbara, California. Her business, Transformative Healing Arts offers professional yoga instruction, Yoga retreats, dance classes, therapeutic massage, yoga/movement workshops, and Firedancing/African dance performances. For full teaching schedule and more info, visit [www.RomiCumes.com](http://www.RomiCumes.com)

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