

## RUGBY WORLD CUP SPECIAL

### **FREE HOT YOGA TRIALS at Dulwich College Sports Club (Club Room)**

Yoga may not be considered the toughest of sports, but it is fast becoming an increasingly important aspect of training. Leading sportsmen, from Andy Murray and Evander Holyfield to the entire New Zealand All Blacks, rave about how yoga tones muscle, improves flexibility and increases endurance.



*New Zealand All Blacks, holding reverse warrior<sup>1</sup>*

**FREE  
HOT  
YOGA  
TRIALS**

**WHAT IS HOT YOGA?** Yoga is a way of exercising that helps you control your body and mind. The Club Room will be heated to 28C (NEW heaters) to warm muscles, allow deeper stretches and prevent injury. Class suitable for all levels - male, female & beginners welcome!

**BOOK YOUR PLACE** Email [steve@thedesirepath.co.uk](mailto:steve@thedesirepath.co.uk), call 07799 357214 or reserve a mat via [www.thedesirepath.co.uk/book-now](http://www.thedesirepath.co.uk/book-now) on Tue 22nd Sept 7-8pm & Tue 29th Sept 7-8pm.

**OFFER OPEN UNTIL 30-SEP-15**

#### **7 REASONS WHY RUGBY PLAYERS SHOULD DO YOGA**

- 1. Mobility** - Yoga is a fantastic way of making yourself more flexible, thereby increasing your mobility by increasing your range of motion and lengthening muscle tissue whilst stabilising a joint forming greater integrity and strength.
- 2. Strength** - By regularly performing yoga, you can build a great deal of functional strength that focuses on developing both the upper and lower body in a dynamic and static manner. It is also fantastic for developing a strong core.
- 3. Body awareness** - This isn't some spiritual nonsense, but more about knowing what your extremities are doing at any single moment. By developing a greater awareness of what your body is doing, you are able to make technical changes with greater ease.
- 4. Ease of movement** - Yoga teaches the skill of breathing which allows you to perform with effort whilst at the same time moving with ease. Learning to breath in coordination with movement allows us to perform in a much more relaxed state.
- 5. Recovery** - Tightness is a common issue in rugby players, which severely restricts mobility. Whilst yoga helps ease these issues, the style of yoga can also be tailored to be less strenuous on the body, whilst helping ease the aches and pains after a game.
- 6. Injury prevention** - By developing mobility, strength and body awareness through regular yoga sessions, you can help to significantly reduce the risk of picking up injuries. Yoga is a great way of both preventing and rehabilitating injuries.
- 7. The mental game** - Once again, we're not talking about spiritual learnings, but with an increasing emphasis on the mental aspect of rugby, the ability of players to learn to control their emotions before a game is a huge bonus.

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<sup>1</sup> **Reverse Warrior Pose (Viparita Virabhadrasana)** is standing, back-bending yoga pose that energizes the whole body! It strengthens the quads, arms and neck; stretch the groin, hips and obliques, opens the chest and shoulders, and even increases perseverance and self-esteem.