

# Yoga for Tennis



**January 18<sup>th</sup>–February 22<sup>nd</sup>  
Fridays (8:15am–9:00am)**

**In the Mind & Body Studio**

Tennis is tough on the body; requiring strength, flexibility and mental concentration. Yoga is a perfect companion to tennis players. Because tennis creates an imbalance on the right and left sides of the body (using a dominate arm for forehand and backhand strokes), yoga can help build balance and more symmetry on both sides of the body.

This makes players stronger and less prone to injury! The breathing techniques practiced will help develop mental focus and a better mind/body connection.

Improve your tennis game through yoga by increasing flexibility in the hips, back, ankles, shoulders, and wrists. Create a better range of motion for better strength, energy, and follow through on your swing!

**COST: FREE/MEMBERS; \$35/PUBLIC (six week class)**

**RANDOLPH-ASHEBORO YMCA**

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