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Top 5 Power Yoga Poses for Golf Gwen Lawrence

November 11th, 2018 - Inverted table pose This pose helps to open up the posterior spine of a golfer Their posture is very forward all the time even time even when the amateur must carry a heavy awkward golf bag

Yoga for Golfers 3 Poses You Should Practice ACTIVE

January 21st, 2013 - As my dedication to yoga increased it became easier to swing the way I wanted to on the golf course My lower back pain decreased and my balance increased as my poses improved I also felt the mental calmness from my yoga practice transfer to my temperament on the course

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