



Customized Sport Yoga Conditioning Programs for children & teens age 8 - 16.

Barbara Gini, CSYT, CMBT, RCYT

www.bodylogique.com

Help your young dancers, gymnasts, cheer leaders, football players, wrestlers & other athletes maintain health, sharpen focus, improve reflexes & coordination, settle nerves, prevent injuries & enjoy their chosen sport to their highest potential.

Our simple, customized yoga-based conditioning programs help stretch the over-used muscle groups and strengthen the under-used ones, thus reducing injuries while improving performance. Your program can also be adapted & used, with your health professional's approval, as an ongoing, complimentary rehabilitation program, while recovering from minor sports injuries.

This comprehensive program includes 3 aspects:

- ◆ Nutrition Assessment
- ◆ Stress Assessment
- ◆ Balance & Muscle Flexibility Assessment

Your completed customized program packet will include:

- ◆ Basic Anatomy & Physiology of the bones & muscles
- ◆ Nutritional guidelines & suggestions (age appropriate) for growing bodies
- ◆ Yoga based warm ups & conditioning sets for targeted muscles and/or specific goals
- ◆ Balance & flexibility sets
- ◆ Imagery & breath techniques for stress management
- ◆ Customized guidelines for injury prevention
- ◆ Methods for cooperating within a troupe, group or team
- ◆ Guidelines for cultivating a benevolent, winning attitude

In addition you will also receive:

- ◆ Complimentary phone consultation
- ◆ A 1 hour fitness assessment
- ◆ 1 hour initial coaching session
- ◆ 3 additional 30 minute coaching sessions. (Over 3 months)
- ◆ Yearly Follow up (by phone)

*** Contact Barbara for more details: in PA:215-257-3193 or in NJ: 856-287-6684**