

# Improve Your Golf Game for Free!

## Cross-Train with Yoga to Increase your Flexibility & Focus!



### *How can Yoga help your golf game?*

- ❖ Increases flexibility in muscles & joints
- ❖ Increases range of motion in ankles, knees, hips, fingers, wrists, elbows, shoulders, neck and back
- ❖ Releases tension from body and mind
- ❖ Increases energy and stamina
- ❖ Teaches the art of focus
- ❖ Builds confidence
- ❖ Quiets mental chatter
- ❖ Visualize like a professional

*“Continue to focus..it is a maxim that will give you great success in life.”*

**Sundays– 7:00-8:00 am – Call for Upcoming Dates!**  
The Cardinal Golf Club, Newmarket, Ontario  
2740 Davis Drive West (formerly Highway 9)

**Wear comfortable clothes and bring a mat, blanket or towel**



For more information, contact:  
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