

Yoga in Sport

Specialist Classes for SportsYoga rounds off every sport ideally and reduces the risk of injury.On the physical level, yoga counteracts muscular imbalance caused by one-sided sports practiced intensively.On the mental level, yoga increases concentration. Relaxation skills also increase energy and stamina.The benefits for athletes are: a balance of strength and flexibility, reduced risk of injury, improved relaxation and increased energy. All these factors help athletes keep in top shape.Based on my training is Asthanga, Iyenger and Shivananda, I have created my own style of yoga which has both powerful and dynamic aspects. Through breath-synchronized movement to increase the feeling of relaxation and increased strength and flexibility, it teaches one a high degree of precision and concentration.