

The Sporty Yogi

Yoga and Cross Training, Strength Training, and Sport

Many come to yoga to destress, relieve pain, or because the doctor said to try it. For athletes it is often different. They want to recover faster and improve performance . . . in their sport not their practice. Sometimes they only show up because their coach requires it. It's up to us to run with that, create it for them. And in the process to guide them to a love of the practice and ALL it has to offer.

Observe therefore all the commands I am giving you today, so that you may have the strength to go in and take over the land that you are crossing the Jordan to possess.
Deut. 11:8

Surely God is my salvation; I will trust and not be afraid. The Lord, the Lord Himself, is my strength and my defense, He has become my salvation. Isaiah 12:2
I thank Christ Jesus our Lord, who has given me strength, that He considered me trustworthy, appointing me to His service. 1 Timothy 1:12

Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us. Romans 5:3-5

Again I ask: Did they stumble so as to fall beyond recovery? Not at all! Rather, because of their transgression, salvation has come to the Gentiles to make Israel envious.
Romans 11:11

Athlete Mindset:

What is Cross training:

Benefits of Strength Training:

Benefits of Mobility:

Difference between Mobility and Flexibility:

How do Sport and Yoga Intersect:

NOTES

Interested in learning how to incorporate weights into your yoga practice? We have an on-demand training that qualifies for 20 CEC hours with Holy Yoga & Yoga Alliance.

[For more info click here](#)
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