



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# YOGA MINI SESSION: FOR GOLFERS

A quick yoga session is a great way to start getting your body in shape for the upcoming golf season! Try the mini session below!



5 Minute Meditation



20 Second Seated Twist



20 Second Each  
Cat and Cow Pose



20 Second Down Dog



20 Second Cobra



20 Second Crescent Lunge



20 Second Warrior Two



20 Second Warrior Three



20 Second Supine Twist

