



STAFFORD HILLS CLUB



YOGA FOR TENNIS

Workshop Series

Power up your tennis game just in time for the Club Championships in our Yoga for Tennis Workshop Series! Each week Cindy will have you focus on incorporating yoga poses to build balance, strengthen muscles, improve flexibility and prevent injury. Walk away with the tools for mental edge & focus between points and techniques to maintain & revitalize energy. This workshop is designed for all levels of tennis players & yoga participants.

LOWER BODY

Monday September 18th 6:00-7:30pm
Wednesday September 20th 9:00-10:30am
Hips, spine, legs, knees & feet.

UPPER BODY

Monday September 25th 6:00-7:30pm
Wednesday September 27th 9:00-10:30am
Shoulders, neck, arms, elbows & wrists.

SETTING YOUR INTENTION

Monday October 2nd 6:00-7:30pm
Wednesday October 4th 9:00-10:30am
Learn how to enter the zone so you can perform at your best.
Calm your mind so you can be more successful during match play.

MOVING AS ONE

Monday October 9th 6:00-7:30pm
Wednesday October 11th 9:00-10:30am
This workshop will bring everything we have learned together so you can do more with less effort.

PRICES

Single Workshop
\$25/Member
\$30/Guest

LOCATION

Multi-Purpose Studio

INSTRUCTOR

Cindy Lewis, IAYT, E-RYT 500

REGISTER

Sign up today on the Stafford Hills App or by contacting the Front Desk.