

We are extremely excited to bring Natalie Despins on board this May to start teaching yoga @ GPAR!

Classes will be mainly on weekends to start, and based upon reception may expand further.

Classes will be capped between 20-30 people and it is first come first serve.

We have attached some details below to please share with your friends, family, clients, as we believe it would benefit almost everyone from multiple vantage points which are outlined below.

Booking

- You can email gparcanada@gmail.com
- You can call 519-712-9446
- You can book online at <https://gparcanada.janeapp.com/#/yoga>

Natalie's Bio:

As a dedicated practitioner of yoga for over a decade, Natalie has experienced firsthand the transformative power of this ancient practice. Natalie's journey with yoga has been one of self-discovery and growth, both on and off the mat. Through consistent practice, she has found a deep sense of peace, clarity, and strength within myself.

Recently, Natalie has completed her yoga teacher training, which has allowed her to share this passion with others. She's now excited to offer her knowledge and experience to students looking to deepen their practice and connect with their own inner wisdom.

Natalie's teaching style is tailored to meet the unique needs of golfers, with a focus on enhancing mobility and strength in key areas of the body, including the hips, shoulders, and spine. She also incorporates breath work and mindfulness techniques to help golfers improve their mental game, stay focused and manage stress both on and off the course.

Whether you are new to yoga or have been practicing for years, her classes are designed to meet you where you are and help you grow from there. Together, we will work to cultivate strength, flexibility, and balance in both the physical and mental realms, so that you can leave each class feeling grounded, centered, and empowered.

Description of the class

Golf-specific yoga is a form of yoga that is designed to help golfers **improve** their **performance** and **reduce the risk of injury** on the golf course.

It **combines traditional yoga** poses with specific exercises that focus on the muscles used in golf, such as the core, hips, shoulders, and wrists.

This type of yoga can help golfers **increase their flexibility, strength, balance, and focus**, which are all

essential elements of a successful golf swing. By practicing golf-specific yoga regularly, golfers can **improve their range of motion**, which can lead to a **smoother and more consistent swing**. Additionally, it can help **prevent common golf injuries**, such as back pain, shoulder pain, and golfer's elbow.

Our practitioners understand the unique physical demands of golf and can tailor the yoga practice to address specific areas of concern for each individual. During the class, participants will be guided through a series of poses and exercises that are designed to improve their golf game, while also providing the mental and physical benefits of yoga.

Overall, golf-specific yoga is a great way for golfers to improve their game, reduce their risk of injury, and enhance their overall well-being.

Cost

- \$15 drop in rate or packages can be purchased in 5 or 10 class passes.
- Mats may be provided at a rate of \$2 rentals, however, they are first come first serve so we recommend people bring in their own mats.

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If you or someone you would know would be interested please share it to them and do not hesitate to reach out!

GPAR TEAM

Treat yourself like a Pro

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