



News Release

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Yoga for Golfers course to be offered at NMCC

Aroostook County - Golfers wanting to get their minds and bodies ready for the coming golfing season should check out the new Yoga for Golfers course being offered at Northern Maine Community College on Tuesday evenings, March 11 – April 29, from 5:30-7:00 p.m. in the Edmunds Conference Center.

“Whether you are missing the mental edge in your game or you want to increase the flexibility in your body, yoga can improve your golf game,” said Ryan Bushey, NMCC continuing education coordinator, organizer of the course and himself a golfer.

Through yoga postures, participants will strengthen their weak side and stretch their strong side to create a balanced and aligned swing. They will also learn how to reduce stress through breathing exercises and techniques to clear the conscious mind of goals and outcomes, ultimately leading to a better game.

“A strong, stable body that is fluid and flexible creates the foundation for a healthy, injury-free athlete,” according to instructor Linda Rowe, who brings a wealth of experience and knowledge to this course. “And when your mental chatter quiets, you can practice your game with focus, awareness and enjoyment.”

Men and women, whether new or experienced golfers, are welcome to take part in the class. Non-golfers are also welcome and can benefit from the class.

“We are all asymmetrical anyway, from the hand we write with to the leg we lead with as we go out a door or up and down stairs,” said Rowe. “We can all benefit from realignment, and yoga is a great way to do that. Yoga is a cost effective way to keep you strong if you are already strong, or to help you get stronger if that is what you need.”

The cost of the course is \$65, and participants are asked to bring a yoga mat. While you do not have to be flexible or strong to take a yoga class, you do need to generally be in good health.

For more information or to register for this or other courses being offered through the College’s continuing education division, please call 760-1155 or 768-2845.

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