



The Yoga of Golf: 3rd Edition (Paperback)

By Ron Mann

Mann Consulting Group, United States, 2006. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.The Yoga of Golf provides a gateway to actually move past the limitations of the mind and open the doorway to the Zone. This book provides practical techniques to quiet the mind through meditation and life force control breathing techniques; yoga postures for the golfer to develop greater strength and flexibility; and ancient wisdom to bring a higher, more enlightened perspective to the game of golf.



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