



Yoga stretches for better golf

**TakeFlight** is a 20-minute stretching video designed specifically for golfers who want to improve their swing, concentration and score. Based on traditional athletic yoga techniques, **TakeFlight** will help golfers rise above their current game and soar to new heights by improving the coordination between the body and mind.

*Program includes:*



**BONUS!** A stretching pocket guide is provided to help prepare your body and mind for any golf activity.

# Takeflight Yoga For Better Golf

**Lei Shi**



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