

“THE BEST EXERCISE FOR GOLFERS IS YOGA-for-GOLF & GOLFING.”

- rephrased from a Bobby Jones quote

Enjoy Yoga ! Enjoy Golf !

Thrice a week regular sessions starting Monday,
June 09, 2008 onwards...

Venue - The Montgomerie Dubai, Academy side lawns

Days	- Monday	:	06:30 pm
	Wednesday	:	06:30 pm
	Saturday	:	06:30 pm



YOGA - for - GOLF

*Registration and other information available at the Academy side reception.

**Please carry your own golf club and yoga mat.

***We also conduct private sessions at your place. For more information contact us.

YOGA-for-GOLF

A division of **Yoga-for-Sports**
by Bharat Thakur's ARTISTIC YOGA

If you wish to gather more info please contact:

Manish Pole: 050-9384577

Alok Khanna: 055-4822891

or

text "Y4G" to any of the above numbers.

You can also e-mail us on info@yogaforsports.net



YOGA - for - GOLF



YOGA - for - CRICKET



YOGA - for - FOOTBALL



YOGA - for - TENNIS