



Yoga Loft: Yoga For Athletes

It's more than just stretching.

Our yoga for athletes program will leave you in peak shape to maximize your performance on and off the field.

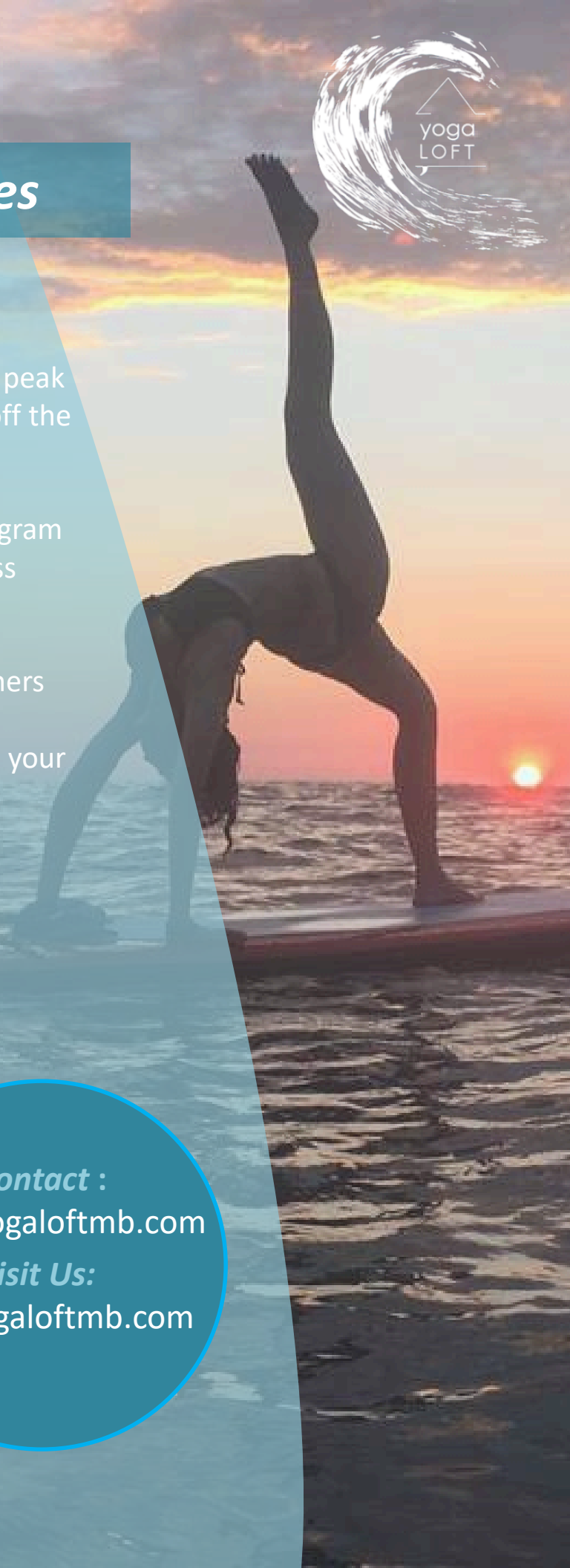
Let Yoga Loft create a custom tailored yoga program to round out your training regimen and wellness plan.

With a wide array of classes and qualified teachers with experience helping athletes get and stay healthy, we'll design a unique program to meet your needs.

Escape to our ocean view studio in Manhattan Beach, or we'll come to you!

Contact :
suzy@yogaloftmb.com

Visit Us:
www.yogaloftmb.com



Why Yoga For Athletes?

Painful shoulders, strained backs, stiff necks, tight hips and torn Achilles tendons can be the tipping point in a must-win game.

Athletes often play through the pain and unintentionally deliver a mediocre performance. In the end, they intensify the aches and pains caused by compression and overuse.

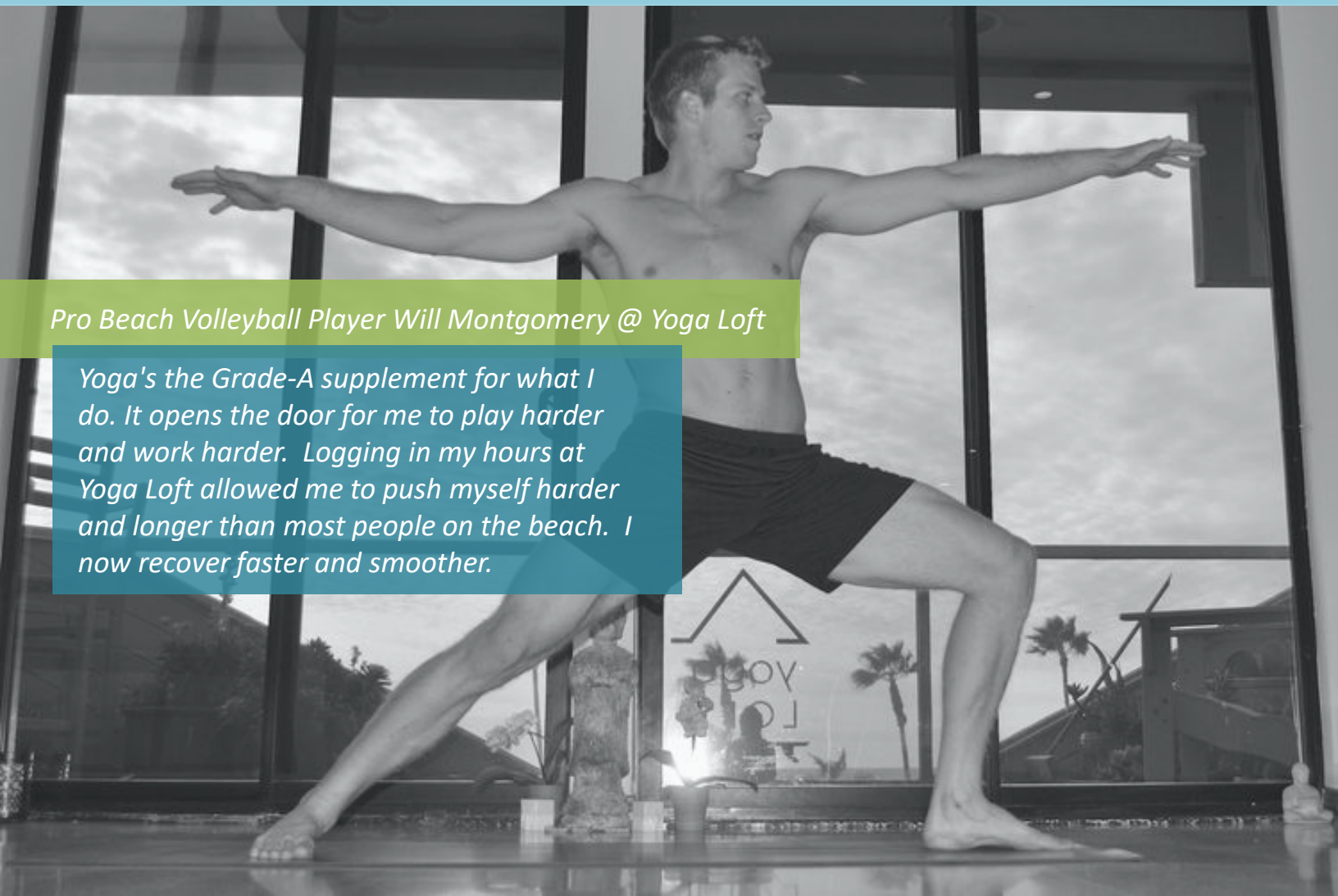
Yoga counters the stresses that are placed on athletes' bodies during intense play, strenuous training and everyday life by stretching out muscles, ligaments and tendons so bones and muscles return to neutral positions.

When an athlete's body is properly aligned, it can transmit force much more efficiently and perform better across the board.



Pro Beach Volleyball Player Will Montgomery @ Yoga Loft

Yoga's the Grade-A supplement for what I do. It opens the door for me to play harder and work harder. Logging in my hours at Yoga Loft allowed me to push myself harder and longer than most people on the beach. I now recover faster and smoother.



The Difference Between Winning & Losing



Athletes across all sports are integrating yoga into their training to counteract muscle development imbalance and overuse injuries. Yoga helps muscles, tendons and ligaments move through a full range of motion which cultivates balance and core strength - a tremendous benefit to athletes .

The attention to breath (pranayama) during yoga can be considered one of the most important benefits to athletes. Learning to stay focused and centered through uncomfortable poses by concentrating on even inhalations and exhalations sets up athletes to stay focused. Pranayama breathing also improves VO_2 max, a key attribute for building endurance.

The mind-body connection in yoga is essential to helping athletes develop mental acuity and concentration.

Who We've Worked With:

- *NBA Teams: Clippers, Knicks, Suns*
- *Soccer Teams: Galaxy & US National*
- *Pro Volleyball Players*
- *Pro Surfers*
- *High School football, lacrosse and soccer teams*
- *Ice skaters, cyclists, golfers...and more!*





Benefits Of Yoga For Athletes:

1. Increased power
2. Better endurance
3. Better balance
4. Enhanced ability to handle stress
5. Increased injury prevention
6. Enhanced recovery
7. Improved focus and visualization





Contact Us Today!

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Yoga Loft's engaging approach makes yoga accessible for all athletes, regardless of their ability, previous experience, or sport.

Yoga Loft custom programs help to create a stronger, healthier, and higher performing body.

Yoga Loft Teacher & Surfer Ryan McDonald

Ryan teaches our yoga class designed for athletes and yogis who play board sports! The focus is on balancing the right & left sides, finding your personal center and countering overuse of muscles resulting from one-sided sports.

