

## *Amp Up Your Workout with These Expert-Endorsed Tips - Next: Tips from Pure Yoga*



BEAUTY

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### **Loren Bassett, Pure Yoga hot power vinyasa instructor, founder of Bassett Bootcamp, Lululemon ambassador**

- The mental, physical, and spiritual practice of yoga helps improve an athlete's form, focus, efficiency, and power.
- Deep, relaxed breathing expands lung capacity, improves concentration, and promotes mental focus. It integrates a mind/body connection that is ideal for athletes.
- Yoga builds strength by using your own body weight as resistance and holding isometric contractions. An important part of the practice is building core strength. The core is the epicenter of the body. A strong core prevents back problems by providing greater support for the spine and helps with balance.
- Yoga increases flexibility, improves range of motion, and balances the body. It is beneficial for athletes because it helps maintain balance between strength and flexibility. The flexibility helps prevent injury, particularly to fragile body parts like hips, groins, and the rotator cuff.
- Yoga improves balance, one of the most effective ways to correct muscle imbalance and body mechanic problems.
- The mental focus achieved from balancing postures, deep breathing, and calming the mind is a powerful practice for an athlete.



## **Dana Slamp, senior instructor at Pure Yoga**

- Athletes in asymmetric activities such as boxing, hurdles, and archery can benefit from symmetric, weight-bearing postures, including plank, down dog, and chaturanga to balance the body.
- Generally, most athletes should not have the flexibility of say, a dancer, and yet stretching after a race, training session, or competition is essential for healthy repair. Practicing mindful yoga postures with conscious breath helps bring oxygen to the tissues of the body, aiding in the healing process.
- Sports medicine has shown that the the visioning meditations of yoga can improve performance. Balance postures like tree, warrior three, and half moon can hone the "single-pointed focus" that an athlete needs for competition.
- Balance postures have a secondary effect. They improve the yogi's proprioception — or the ability to know where the body is in space. This is of use in every sport imaginable, as is the deep core strength that comes when you balance.

