

# YOGA & GOLF SWING MECHANICS



## WHY YOGA?

Over time evidence has shown that physical conditioning (including mobility and flexibility) can improve golfing performance. However...no one has researched the effects of yoga on golfers until recently!!

## PELVIC ROTATIONS & X-FACTOR

- ✓ Significant progress was seen in pelvic rotation after a 6-week block of yoga.
- ✓ Significant changes were seen in X-Factor (being the separation of shoulders and pelvis at the top of the backswing).



## PARTICIPANTS

Ten male golfers took part in a laboratory study where their golf mechanics were collected from both before & after a 6-week yoga intervention.

## TORSO ROTATIONS & X-FACTOR STRETCH

- ✗ No significant changes were seen in torso rotation & hand velocity.
- ✗ No significant change was seen in X-Factor Stretch (being the transition phase: when the pelvis turns before the shoulders into the downswing).