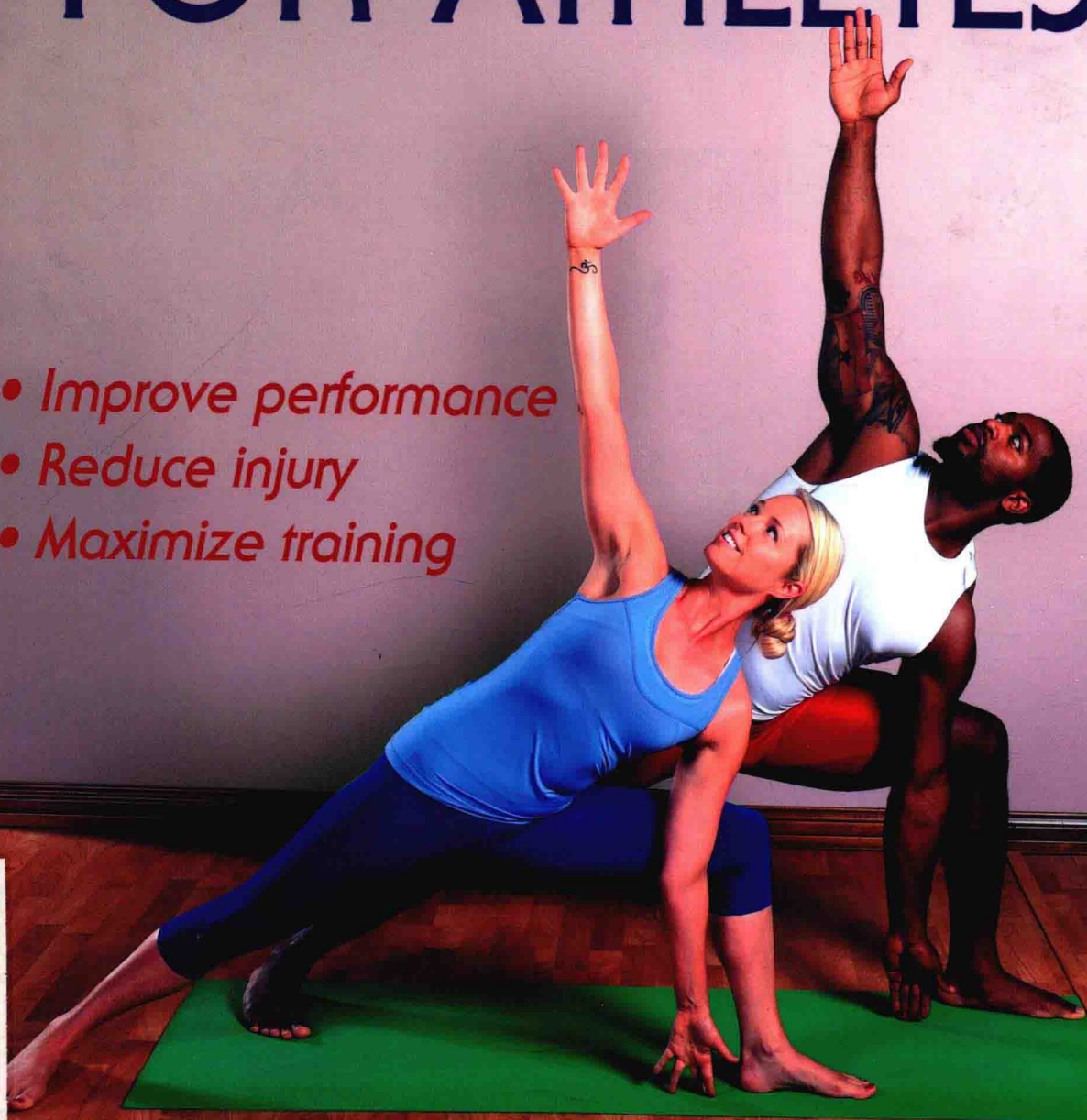


YOGA FOR ATHLETES

- *Improve performance*
- *Reduce injury*
- *Maximize training*



Ryanne Cunningham

YOGA FOR ATHLETES

"Ryanne's approach to yoga has made a dramatic difference in how I move on and off the field. My muscles are looser, I recover more quickly, and I'm primed for game day."

Randall Cobb

Wide Receiver, Green Bay Packers

"Practicing yoga with Ryanne has helped me enhance my athleticism, recovery, and focus so I can perform at a higher level during games. Through the practice of yoga I've found a part of the recipe for longevity in my profession."

Tramon Williams

Cornerback, Cleveland Browns

From the gridiron to the hard court, today's top athletes know the benefits of yoga. It's why so many have made it an essential component in their training and conditioning programs. Now you can too with *Yoga for Athletes*.

Author and instructor Ryanne Cunningham has worked with some of the top names in sports. She's helped keep some of the toughest NFL players on the field, and top endurance athletes run longer and stronger. Her step-by-step instruction, expert advice, and pose variations focus on active muscles and movements across sports such as these:

- Football
- Soccer
- Running
- Swimming
- Cycling
- Tennis
- Golf
- Baseball and softball
- Basketball

Yoga for Athletes is designed for every athlete, from weekend enthusiast to professional. Using demonstrations of the physical poses, breathing, and guided visualization, you'll improve performance, reduce the risk of injury, and maximize training results.

Your secret to improved strength, endurance, flexibility, balance, and performance is *Yoga for Athletes*.

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Human Kinetics

Website: www.HumanKinetics.com

United States: Human Kinetics
P.O. Box 5076
Champaign, IL 61825-5076
800-747-4457
e-mail: info@hkusa.com

Canada: Human Kinetics
475 Devonshire Road Unit 100
Windsor, ON N8Y 2L5
800-465-7301 (in Canada only)
e-mail: info@hkcanada.com

Europe: Human Kinetics
107 Bradford Road
Stanningley
Leeds LS28 6AT, United Kingdom
+44 (0) 113 255 5665
e-mail: hk@hkeurope.com

Australia: Human Kinetics
57A Price Avenue
Lower Mitcham,
South Australia 5062
08 8372 0999
e-mail: info@hkaustralia.com

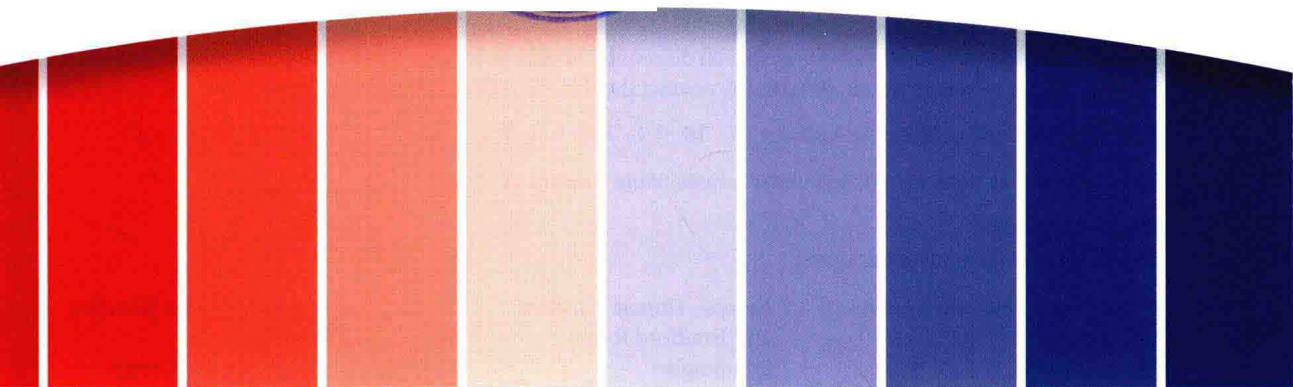
New Zealand: Human Kinetics
P.O. Box 80
Mitcham Shopping Centre,
South Australia 5062
0800 222 062
e-mail: info@hknewzealand.com

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ATHLETES

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HUMAN KINETICS

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PART

I

Athletic Benefits of Yoga

