

# Guide 4 Golfers Clinic

FOR SERIOUSLY PASSIONATE AND ELITE GOLFERS.

Did you know that how you align your spine, anchor your stance, and how you breathe, can have a huge impact on your golf swing?



My Guide 4 Golfers clinics are not teaching you how to golf. What I am teaching is how to improve your swing's biomechanics, accuracy, fluidity, power and distance, while reducing risk of injury.

G4G is a refined 4-step mind-body methodology that produces unparalleled performance enhancement. This unique method is unlike anything being taught in any other golf clinics, books and videos.

Prerequisites to attending a G4G Clinic:

- ✓ Having a well-established golf swing.
- ✓ Having a desire to learn a detailed, refined methodology based on science, biomechanics and subtle techniques.
- ✓ Being well in-tune with your body to be able to feel and implement the techniques.

In the 4-hour G4G clinic participants will learn how to:

- ✓ Refine neuromusculoskeletal firing patterns for greater accuracy and distance control.
- ✓ Enhance state of mind and mental focus for increased clarity and decision making.
- ✓ Optimize postural biomechanics to safely reduce risk of injury.
- ✓ Improve stance stability for increased leverage, fluidity of movement, power and distance.

ELEVATE YOUR GAME.



**2020 Dates:**

**Hamilton ON: May 31, Jun 28, or Jul 26 | Jupiter FL: tbc**

Clinic Schedule: 12 - 4 pm | Fee p/Person: \$175.00 CAD + HST (\$197.75) or \$175.00 USD

Contact Karen via email: [info@guide4golfers.com](mailto:info@guide4golfers.com) OR phone: 905.664.9099