

Guide 4 Golfers Clinic

FOR SERIOUSLY PASSIONATE AND ELITE GOLFERS.

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



This workshop is NOT teaching you how to golf. Your golf swing is one thing. What I am teaching is not taught in any other golf clinics, books and videos.

I have developed Guide 4 Golfers '4 Cornerstone Concepts' based on a synthesis of science, biomechanics and subtle techniques that elevates neuromusculoskeletal firing patterns - beyond conventional fitness and mindfulness techniques. In this clinic you will learn how to:

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

ELEVATE YOUR GAME.



November 5th, 2019 in Jupiter FL

4-Hour Clinic Schedule: 12 - 4 pm

Registration Fee: \$195.00 per person (min/max 4-8 participants)

Contact Karen via email: info@guide4golfers.com OR phone: 905.664.9099