



## Yoga for Rowers: Building Physical Mental Strength: Benefitting Recovery on Water

By Chrys Kozak

Createspace, United States, 2010. Paperback. Book Condition: New. 213 x 140 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Your purchase of this book will benefit the amazing organization RECOVERY ON WATER, a mutually-empowering rowing team that gives survivors of breast cancer the unique opportunity to interact, become active in their recovery, and gain support from fellow survivors. For more information on how you can become involved with ROW, please visit their website: YOGA FOR ROWERS is a brand new way to train that's great for all program levels coaches - from high school up to Masters. With testimonials from an Olympic coach, FISA World gold medalists, an Oxford Boat Race champion more! Yoga For Rowers includes workouts calendars. This book shows targeted poses for each phase of the rowing cycle in large full color photos outlines specifically what these poses do. The instructions are easy to follow the program is easy to fit into your existing training program. Yoga For Rowers will dramatically improve your oarsmanship: \* Increasing length of stroke \* Improving power \* Allowing you to train harder with fewer injuries \* Developing flexibility core strength \* Fine tuning your sense of balance...



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