

# Yoga for Elite Baseball Performance and Injury Prevention



Introducing instructor Gwen Lawrence:



Class Location:  
Sportsplex (Upstairs)  
5702 Alpha Rd, Dallas, TX 75240

- Official yoga instructor for 5 professional NewYork teams, including the Yankees, Giants, and Rangers
- Makes regular appearances on NBC TODAY show, Good Day NY, and Dr. Oz
- Mentioned in ESPN the Magazine as the "Best Innovation in Sports Medicine"

COURSES BEING OFFERED (\$40 EACH/\$70 FOR BOTH\*):

**SEPT 20: 2:00-4:00 PM**

YOGA POSES FOR ASSESSMENT AND INJURY PREVENTION

**SEPT 21: 2:30-4:30 PM**

DEEP HOLDS FOR FLEXIBILITY AND POWER

To sign up visit [www.thrivebaseball.org/yoga](http://www.thrivebaseball.org/yoga)

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