



# Yoga for Athletes

*Ryanne Cunningham*

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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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