



and



are pleased to announce

“Play Better Golf” Packages:

I want to make a real difference in my game
(FOR THE SERIOUS GOLFER)

- 2 Private Lessons with Jim Estes
- 3 Golf Clinics
- 6 “Yoga for Golfers” Classes

Option 1: \$330

I'd like to try it out
(INTRODUCTORY OPTION)

- 2 Golf Clinics
- 3 “Yoga for Golfers” Classes

Option 2: \$100

Revolutionary **Yoga for Golfers** combined with top instruction will have you playing your best golf ever. **Yoga for Golfers** emphasizes core strength, flexibility, relaxation to help quiet the mind with a focus on breathing techniques to assist in letting go of tension in the golf swing as well as other areas of life. Increased range of motion coupled with proper technique will have you playing better than you ever thought possible. Most importantly, the explosive motion of the golf swing causes tremendous stress which for a weak lower back can bring serious consequences. Not only is low back injury the most common injury in golfers, approximately half of recreational players suffer from low back pain. Effective conditioning prevents muscle pulls and strains in addition to cutting down on recovery time allowing you to play better, longer and injury free.

Private lessons scheduled at your convenience

1 Hour Swing Clinics (Topics alternate each week)

Wed 6:30pm Putting / Sand • Fri 6:30pm Chipping / Irons

Sat 4:30pm Pitching / Woods

“Yoga for Golfers” Class Thurs 4:30pm - 5:45pm (at Olney Golf Park)

Wed 7:00pm - 8:15pm (in Rockville)

Sign Me Up!

Name _____ Address _____

e-mail _____ City _____ State _____ Zip _____

Phone (Home) _____ (Office) _____ (Cell) _____

Full payment due with registration. Bring or fax completed form to: Olney Golf Park
3414 Emory Church Road, Olney, MD 20832 Phone(301) 570-6600 Fax (301) 570-2676