

MONEY YOGA FOR ATHLETES

Why sports teams need money yoga to
stretch into healthy money habits and
enhance sports performance





BENEFITS OF YOGA FOR ATHLETES

- Strength
- Flexibility
- Recovery
- Injury Prevention
- Anatomy Education
- Meditation and Breath Work
- Positive Thinking and Self-Care





STRENGTH

Yoga improves strength through poses that use the body as weight or resistance. It engages targeted muscles, even the beginner poses can provide great results.

When yoga is included as cross-training for a sport, your muscles are challenged in new ways, like increasing your muscular endurance.



FLEXIBILITY

Most people think advanced flexibility is a requirement before practicing yoga. Anyone can do yoga. Increased flexibility will come with regular practice.

Flexibility is a huge benefit to everyone, especially athletes. Practicing yoga consistently will improve and maintain the range of motion in their muscles, reduce stiffness in their joints, and reduce soreness.



RECOVERY

Since yoga is done with little to no resistance, it can be practiced as powerfully or as gently as you wish. You can even do it while sitting in a chair or lying in a bed.

Yoga will get your body moving in a safe and effective way. For example, yoga can be used as recovery after long runs or drills when shoulders, back and legs are very sore.

Even a short 15 minute practice will leave you feeling much better.



INJURY PREVENTION

Consistently stretching your muscles before and after practice helps reduce the risk of injury and understanding the proper ways to stretch them.

You learn how to listen to your body and know when to stop to avoid injury.

It's not just muscles being strengthened during yoga. Your joints, especially in your wrists, knees and ankles, become stronger too.



ANATOMY EDUCATION

The physical part of yoga teaches a significant amount about your anatomy.

You learn how to stretch and target specific muscle groups, safe alignment for your joints, and how different muscles work together to achieve certain poses.

You can even learn how different poses help improve your organ function and how to cleanse your body with stretching.



MEDITATION AND BREATH WORK

Every athlete and coach understands a huge part of the game is mental. Yoga can help with your mental strength too.

Meditation helps you focus, reduces stress, stabilizes emotions, and helps with pain management, which is extremely beneficial in sports.

Most meditations comes with breath work. Working with your breath is highly beneficial for athletic performance.

Whether you're calming yourself down before a big game or searching for the strength to finish a long run, your breath is one of your most important tools as an athlete. Don't forget to train it.



POSITIVE THINKING AND SELF-CARE

Yoga is more than just a physical practice. It's a practice of learning to love yourself and have gratitude for life.

Yoga teaches you to take care of your body and live in a positive way, while also using life lessons to push through challenges.

Self-care is not always a high priority for many young athletes, but it's something that coaches should stress early on. A healthy body is a happy body. The goal is to teach athletes to play from a place of positivity.



SPORTS TEAMS OFFERING YOGA TO THEIR PLAYERS OR HAVE PLAYERS THAT PRACTICE YOGA ON THEIR OWN



Los Angeles
Chargers



New Orleans
Saints



Jacksonville
Jaguars



Kansas City
Chiefs



Seattle
Seahawks



Cleveland
Browns



Los Angeles
Lakers

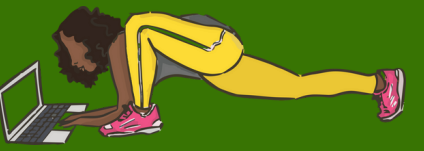


Los Angeles
Clippers



HOW YOGA CAN HELP PREVENT INJURIES AND SAVE THE TEAM MONEY

- Improves flexibility
- Addresses muscle imbalances
- Strengthens movement patterns
- Helps recovery by fighting inflammation and increasing oxygen flow
- Less injuries reduces medical bills and lost time
- Healthy and happy athletes leads to highly skilled performances



WHAT IS MONEY YOGA?

Mixing money and yoga integrates the principles, practices, and philosophies of yoga into your relationship with money.

It applies the mindful, holistic approach of yoga to your financial matters, aiming for a balanced and conscious approach to money management.

Blending yoga and finance helps you stretch into healthy money habits and live the lifestyle you desire: physically, mentally and financially.



BENEFITS OF MONEY YOGA FOR ATHLETES

- Helps athletes stretch into healthier money habits
- Reduces financial stress so they can focus on their sport
- Better management of financial relationships with friends and family
- Improves discernment when hiring financial professionals
- Strategic money management so they can be financially fit during their careers and in retirement



FINANCIAL GAME PLAN FOR ATHLETES

- **High School Athletes:** Lay the groundwork for financial literacy early in your athletic career to set yourself up for success in college and beyond.
- **College Athletes:** Navigate the complexities of managing scholarships, stipends, and potential endorsements while preparing for a professional career.
- **Professional Athletes:** Make the most of your earnings during your playing career and prepare for life after football by establishing sustainable financial habits.

LET'S CONNECT

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