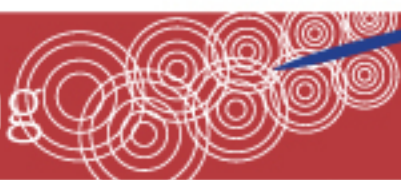




Yoga for Rowing

BY ED HARROLD



PETER SPURDICE

Harnessing your body's core energies through breathing techniques will take you far on race day.

Yoga Breathing

Unlock your hidden potential with yoga

WE'VE KNOWN FOR YEARS JUST HOW IMPORTANT PRE- AND POST-EXERCISE stretching is for athletes. But because few of us ever take the time to do it, we diminish its role in our daily workout regimes. It doesn't have to be this way.

With yoga's explosion in the West, millions of practitioners discovered the stretching benefits it delivers to the body's neuromuscular, skeletal, and muscular systems. Along the way, it also evolved into a popular training tool in many athletic milieus. When applied properly, yoga can help deliver significant gains to your athletic performance.

But don't just think of it as something you do every couple days to bring balance to your training. You should work it into every workout, incorporating proper breathing, stretching, and a relaxation/meditation piece into your daily regime. To get the most from your body while tapping into yoga's healing and restorative powers, focus on three key

components: posture, breathing exercises, and relaxation/meditation.

Breath and movement is the foundation of yoga. But athletes often lose their ability to link these two together in training and competition. In a sport like rowing, which is roughly 67 percent aerobic and 33 percent anaerobic, harnessing the body's core energies becomes crucial. Your core energies are found in the belly and lower lobes of your lungs. Without your breath reaching these areas, you've only tapping